Free inside!

THE *best* TV GUIDE

23 PAGES OF UNMISSABLE HIGHLIGHTS FOR XMAS & NEW YEAR...

WIN!

★ 55-INCH TV, WORTH £400

★ A SPA BREAK, WORTH £300*

*T&Cs APPLY

THE NEW YEAR'S PARTY ISSUE!

best

PLUS! £550 in prizes & puzzle money*

HEARST

03 JANUARY 2023 ISSUE 52/53

LOOSE WOMAN LINDA

Gogglebox hopes & New Year wishes

60? IT'S THE NEW 40!

Life should be one big party!

PLUS! Single? Join our columnists & go dating!

SILENT KATE

Hidden heartache over Harry's words

ROCK & ROLL NANNY!

MY LIFE WITH MICK JAGGER IN THE SEVENTIES...

TIME TO CELEBRATE!

- ☑ How to throw a party with WOW factor!
- ☑ James Martin's New Year feasts
- ☑ Celeb party dresses
- ☑ PLUS, classic cocktails & jelly shots

MAGICAL NEW YEAR'S WISH!

I manifested my dream home

GMB'S KATE

AND THE CRACKERS RICHARD 'JOG ON' MOMENT

VISIT…

LANZAROTE
Caliente.com

Alexa **Play Boom Radio**

DAB

Contents

Inside THIS week

Class act: Dame Emma on *Matilda*

Instagram/paulogrady

PAUL O'GRADY's CHRISTMAS BREAKFAST

Sparkle like the stars

Most of us will be cooking Christmas lunch at noon on the Big Day. And I will be tuning into my favourite station, Boom, where comedian and animal lover Paul O'Grady will be talking to us from his farm!

Two hours presenting from his home in Kent, where he says: 'Looking forward to being back on the wireless for Christmas Day lunch with the usual unpredictable mayhem.'

I can't wait! I suggest you don't miss it either. Or *best* – we have the 11am slot on Wednesdays.

But back to Christmas. After lunch, I'll settle down in front of the TV – see our guide on page 49.

Staying in is the new going out. You could even treat yourself to some Scarlett Moffatt style Xmas PJs or trousers (Marks & Sparks do a great pair in green – I have them – if they are not all sold out).

We have loads to get you through Xmas and New Year – with cocktails (page 36), a James Martin feast (page 34), puzzles, a quiz and prizes to win! It's a great bumper issue to see you through the holidays. And we'll be back on 3 Jan!

EDITOR IN CHIEF
SIOBHAN WYKES

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Hearst Magazines UK is a trading name of The National Magazine Company Limited (Registered in England number 112955) whose registered offices are at 30 Panton Street, London SW1Y 4AJ.

COVER PICTURES: *BBC, GETTY, NEIL MACKENZIE MATTHEW, SHUTTERSTOCK,*
THIS PAGE: *GETTY, INSTAGRAM/PAULOGRADY, NICKY JOHNSTON*

• **Please let me know your thoughts, siobhan.wykes@hearst.co.uk**

START YOUR week with a smile

1

T-AB FAB!

Miaow! It looks like Waffle – the Insta-famous tabby cat – is ready for party season in her pretty pink sparkly party hat and bow! The @wafflethetabby account revealed she was actually celebrating her mum's birthday – just too cute!

Instagram/wafflethetabby

2

Sparkle like Scarlett

4

Reality star, TV presenter and everyone's favourite Angel of The North, Scarlett Moffatt, 32, looked sensational in sparkly dark blue PJs on Insta recently – perfect to party in without leaving the house, but also super-cosy! She captioned the fun shot, 'If you can't wear sequins at Christmas time when can you wear them'? – and we couldn't agree more. Maybe it's the way forward – if staying in is your new going out this NYE!

Instagram/scarlettmoffat

WORDS: *HELEN PIKE, DANIELLE SOUTHWOOD, RACHEL COPE*
PICTURES: *GETTY, INSTAGRAM*

Who wowed the crowd?

It may be freezing but it was red hot at the British Fashion Awards! Amanda Holden, 51, dared to wear latex from Nicolas Jebran. You go, girl! Actress Florence Pugh, 26, swept onto the Red Carpet in Valentino, and model Abbey Clancy, 36, wore vintage Gucci. Stunning!

Ladies in red: Amanda, Florence and Abbey earn top fashion marks for their gorgeous frocks

NYE READY...

McFly's Tom Fletcher and wife, author and podcaster Giovanna, look more than ready to ring in the New Year here! The high-school sweethearts and parents-of-three (Buzz, eight, Buddy, six, and Max, four) revealed they'd been out 'two nights in a row... Who even are we?!' We hear them!

3

Instagram/mrsgifletcher

PUGS AND KISSES

If you're looking for a last-minute stocking filler this Christmas, check out Polly the Pug, £2.49 from Aldi. This adorable choccy treat was almost too cute to eat, but we found the delicious creamy milk chocolate hard to resist! You can also pick up Polly's pal, Perry, who is a combination of milk chocolate with white chocolate trimmings. In stores now, while stocks last.

5

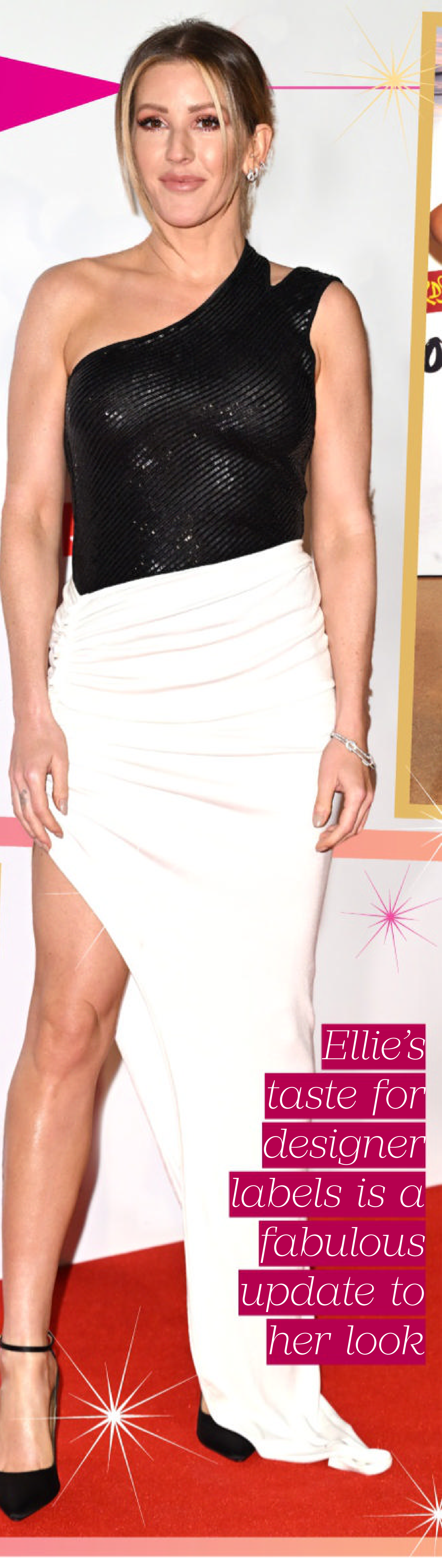
START YOUR *week with a smile*

Now

Fashion *throwback*

6

Ellie Goulding burst onto the music scene in 2009 and her fashion favourites were firmly Noughties, as seen here at the 2010 Brit Awards. Nowadays, the 35-year-old's Red Carpet wardrobe is upmarket designer, choosing the likes of Philosophy and Galvan London for stylish outfits with a touch of sparkle.



Ellie's taste for designer labels is a fabulous update to her look

DENISE GETS THE PARTY STARTED

8

Denise Van Outen – who is currently dating Italian hunk Jimmy Barba, following her acrimonious split from ex Eddie Boxshall last July, after seven years – is launching herself into the party season in style, it seems! She was on hand to DJ at John Lewis's recent Oxford Street Christmas Party, alongside her old mate, Duncan James from boyband Blue – glass of bubbly in hand, of course! We like your style, Denise – and isn't she glowing with happiness? Bellissima!

Duncan and Denise are celebrating in style

nstagram/vanouten_denise

WORDS: HELEN PIKE, SHELLEY SPADONI AND RACHEL COPE PICTURES: GETTY, INSTAGRAM, MY JOHN LEWIS PARTY

FESTIVE DATE WITH MY BEST MATE!

7

They became best friends presenting on *This Morning*, and now Alison Hammond is having Josie Gibson over for Christmas dinner – for the second year running! Alison, 47, and her son Aiden will welcome the 37-year-old and son Reggie for a festive feast. Speaking on Jessie Ware's *Table Manners* podcast, Alison revealed, 'This year, my brother will be there, my son, Josie with her little boy... Then my housemate Jason and his dog Bobby.' Josie previously sang her pal's praises, saying, 'Never had a Christmas dinner like it. Best ever.' Wish we were going, ladies!

9

Instagram/staceysolomon

Stacey's Winter wonderland

You know when craft queen Stacey Solomon decides to get her front porch ready for Christmas, it's going to be epic. And she did not disappoint on Instagram. The mum-of-four, who is married to former *EastEnders* star Joe Swash, put up not only a wreath and a tree, but a life-sized polar bear! She added, 'Me and Rose are frozen – but we've had the best day out here!' We're impressed...

10

percy pig
nail polish duo
NAILS.INC LONDON
dries to a Percy scent

CALLING PERCY SUPERFANS...

Our favourite sweetie has collaborated with iconic nail brand Nails.Inc, to bring you this pretty pink nail polish duo we never knew we needed! The fun pink shades are aptly named 'Pig-ture Perfect' and 'Kind of a Pig Deal'. We found the long-wear formula and wide brush gives a flawless application and once dried, nails are scented with the signature Percy Pig flavour we all know and love. Available in M&S stores nationwide and online for £15.

Fans and celebs alike have rallied around singer Céline Dion after she revealed a shock health diagnosis...

Céline's sad confession

Instagram/celinedion

Céline opened up to fans on social media

Singing superstar Céline Dion has been surrounded by love and support from family, fans and fellow celebs after she revealed, in an Instagram video, that she's been struggling with an unexpected health battle.

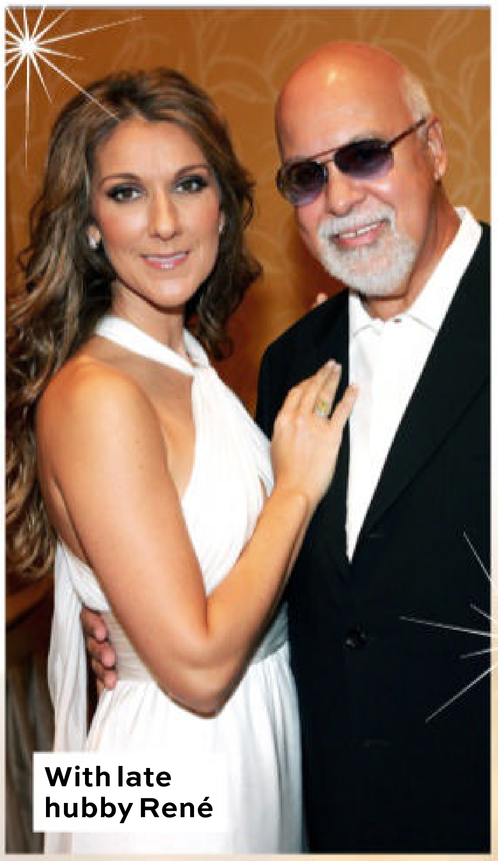
On 8 December, the 54-year-old announced that she won't be returning to the stage for a series of live gigs, as planned.

In a heart-wrenching five-minute video posted to social media, Céline revealed that though she had hoped to kick off the European leg of her Courage World Tour next February, she has recently been diagnosed with the rare neurological disorder stiff-person syndrome (also known as 'stiff-man syndrome').

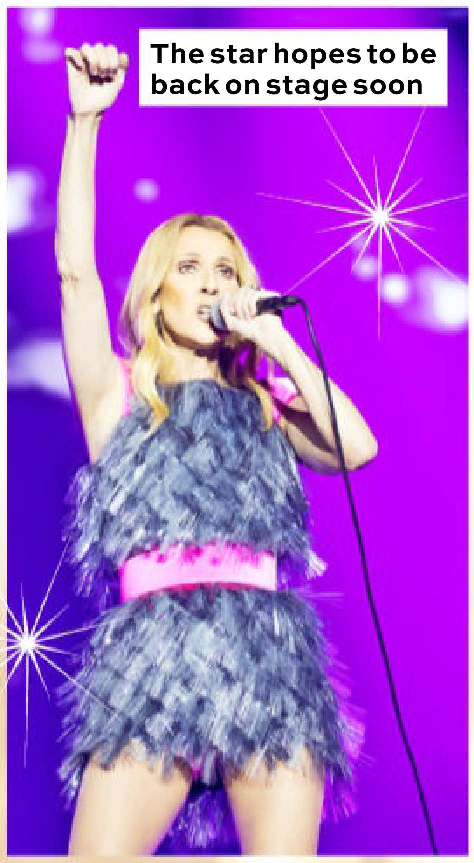
A rare neurological disorder, it can cause painful muscle spasms and involuntary stiffness, and ultimately leave sufferers as 'human statues', as it progressively locks the body into various rigid positions.

The Canadian hitmaker, struggling to contain her emotions, explained, 'We now know this is what's been causing all of the spasms that I've been having.

'Unfortunately, these spasms affect every aspect of my daily life, sometimes causing difficulties when I walk and not allowing me to use my vocal cords to sing the way I'm used to. It hurts me to tell you that this means I won't be ready to restart my tour in Europe in February.'



With late hubby René



The star hopes to be back on stage soon

The mother-of-three is determined to get better and is working daily with a team of dedicated doctors, and is leaning on the unwavering support of her family.

'I always give 100 per cent when I do my shows, but my condition is not allowing me to give you that right now. For me to reach you again I have no choice but to concentrate on my health at this moment... I really hope I can see you again real soon,' Céline concluded.

Christie Brinkley reached out on social media, writing, 'We love you more Céline! May you feel all the cumulative healing love being sent to you today... If anyone deserves a miracle, it's you.'

Designer Donatella Versace penned, 'Céline, I am sending you all my love. You are talent personified and, as you get better, your power and presence will be felt everywhere again,' while singer Gwen Stefani wrote simply, 'We love [you] Céline.'

Can her heart go on? The singer has faced some terrible blows in life – starting with the death of her 16-year-old niece in 1993, who passed away in her arms due to cystic fibrosis, followed by the passing of her father in 2003 and, in January 2016, the death of her husband of 22 years, René Angélil, then her brother just two days later – both of cancer.

Here's hoping Céline has the strength to face this latest challenge, huge as it seems.

> 'It hurts me to tell you I won't be ready to tour'

WORDS: *SHELLEY SPADONI* PICTURES: *GETTY, INSTAGRAM*

Who doesn't love Kate Garraway? She even deals with those magical Madeley moments of madness with a wry smile...

That crackers Richard moment...

Kate Garraway's job can be tough, as she was doubtless reminded last week, when, while interviewing RMT boss Mick Lynch on *GMB*, co-presenter Richard Madeley went on a bizarre rant. During the interview about rail strike action, Richard lost his cool with the union boss, repeatedly talking over him until an exasperated Mick eventually asked: 'Richard, why don't you just interview yourself?' Madeley then told him to 'jog on'. Poor Kate sat there looking nonplussed.

The day before, she was even caught frowning at Richard over his 'full hospital bed' claim and interrupting 'I think it is 90 per cent, which is where they like it to be,' as they attempted to highlight the struggles on the NHS at Whiston Hospital in Merseyside.

But as Christmas approaches, for Kate, the festive season must be bittersweet. For, while hubby Derek Draper is living in the family home once again, he is still in a very fragile state following the bout of Covid that ravaged his body back in March 2020.

Ever since the day when he was first rushed into hospital, the burden of keeping the family going has fallen on Kate. She looks after children Darcy, 16, and Billy, 13, as well as working full-time and organising the care that Derek needs.

Speaking out recently about her situation, she wondered whether people around her might be tired of her plight, saying: 'I can't help but think all the people around me must be fed up to the back teeth, and that is the problem, I think, if you are caring or if you have a long-term situation, that it doesn't go away quickly, the fight goes on,' she said.

Her co-host and friend Ben Shephard was quick to point out, that in reality, people are simply delighted that Kate, in the face of such adversity, seems braver and stronger than ever, saying: 'That is not the case. I can understand how you feel like that because it dominates your life.'

As ever, Kate put a brave face on her situation.

'I get contacted every day by thousands of people saying, 'Please say more because we are struggling.'

Happy Christmas Kate – and Richard! You both make us smile.

WORDS: DEIRDRE O'BRIEN PICTURES: .GETTY, NEIL MACKENZIE MATTHEWS

Co-host Richard tests Kate's patience

'I can't help but think people must be fed up to the back teeth'

Silent Kate, and the heartbreak behind the celebrations

While Harry and Meghan's docuseries continues to make waves, Kate is, as ever, maintaining a dignified silence... but how heavy is her heart?

Almost everyone has an opinion on Harry and Meghan's explosive Netflix docuseries. For the Prince and Princess of Wales, however, it is a subject they must fervently wish to avoid.

For Kate, especially, it is also a topic on which she is likely to maintain a silence.

But no one could blame her for being hurt by her brother-in-law's words as Harry insisted that his decision to marry Meghan Markle set him apart from his family because it was 'from his heart' and not because she 'would fit the mould'.

But ever since it was revealed that Harry and Meghan were planning the series, apprehension has been growing within Royal circles – still rocked by the pair's explosive sit-down with Oprah Winfrey, back in March 2021.

Even before it was aired, it was clear that the new series – a six-parter screened on subscription channel Netflix – was going to cause problems, as the trailer was released during William and Kate's trip to the USA for environmental project The Earthshot Prize – their first visit to the States since 2014.

'Kate and William were left flummoxed when the trailer aired during their trip to Boston,' a source said of the Prince and Princess. 'It's put a huge amount of strain on relationships that are already hanging by a thread.'

However, of course, more painful yet were revelations within the actual broadcast.

They include accusations that Harry and Meghan's popularity was resented by other Royals, and suggestions that 'the institution' colluded with the press in publishing negative stories about the couple.

William and Kate are not believed to have watched the series, with a friend of the Prince telling a newspaper: 'He says he will never watch it.'

The King and Queen Consort, Charles and Camilla, will not watch the six-part series either, according to another source. On the morning it first aired, King Charles showed no hint of turmoil and seemed in great spirits on the streets of London as he attended a community hub. While Kate and William were believed to have done on the school run as the potential bombshell aired at 8am.

That said, the Royal family are said to be keeping track of the headlines.

It is thought that they are waiting until all the episodes have aired until they decide what – if any – kind of response to make, but it will no doubt be playing on their minds over Christmas. Especially Kate's, who was always best at pouring oil on

Happy family: William and Kate's relaxed Christmas card

Meghan and Harry have thrown lots of 'truth bombs'

Controversy: Diana's *Panorama* interview

Sister figure: Kate was very close to Harry

troubled waters. William is said to want to focus on 'looking to the future' and 'getting on with the job', rather than engaging in a 'tit-for-tat' battle with the Duke and Duchess of Sussex.

But for Kate, who was once so close to Harry that he described her as 'the sister I never had' – the documentary cannot fail to contain some extremely painful moments.

Most particularly, she could hardly fail to be deeply hurt by the implication that Royal men do not normally marry 'for love'.

'I think for so many people in the family, especially obviously the men, there can be a temptation or an urge to marry someone who would fit the mould as opposed to somebody who you perhaps are destined to be with,' said the Duke. 'The difference between making decisions with your head, or your heart.

'And my mum certainly made most of her decisions – if not all of them – from her heart. And I am my mother's son'.

William is also said to be 'infuriated' by the inclusion of excerpts from Diana's infamous *Panorama* interview with Martin Bashir.

In the wake of the revelations of the deception used to persuade the Princess to give the interview, which aired in 1995, and was said to cause the teenage William great anguish, he asked that it 'never be aired again'.

Given that, there are many who would ask exactly what Princess Diana would make of all this.

Just before the footage of his mother is shown, Prince Harry tells interviewers: 'She spoke the truth of her experience.'

For the Royals, including Queen-in-waiting Camilla, the controversy will probably cast a distinct pall over the festive season as they gather at Sandringham and, looking forward to 2023, must now include feelings of apprehension.

While they should be focusing on the forthcoming Coronation of King Charles in May, headlines will continue to be dominated by the seemingly unending revelations from the relatives across the water.

Charles publicly stated his loyalty to Harry and Meghan, in his first address as King, saying,'I want to express my love for Harry and Meghan as they continue to build their lives overseas.'

But with their continued complaints about the 'institution', it is hard to see how he can maintain this stance.

Fireworks at Sandringham

In his docuseries, Prince Harry has described what really went on at the 'Sandringham Summit', where 'Megxit' was mapped out. It was in January 2020 that the Queen summoned Charles, William and Harry to her Norfolk estate to resolve the Sussexes' future plans. Harry claimed it quickly went sour.

'It was terrifying to have my brother scream and shout at me and my father say things that simply weren't true, and my grandmother quietly sit there and sort of take it all in,' the Duke said.

Harry also said: 'Once I got in the car after the meeting, I was told about a joint statement that had been put out in my name and my brother's name, squashing the story about him bullying us out of the family. I couldn't believe it. No one had asked me. No one had asked my permission to put my name to a statement like that. I rang M and I told her and she burst into floods of tears because within four hours they were happy to lie to protect my brother, and yet for three years they were never willing to tell the truth to protect us.'

He added: 'So there was no other option at this point. I said, "We need to get out of here."'

Summoned to Sandringham…

The pre-Megxit 'Fab Four'

WORDS: *DEIRDRE O'BRIEN* PICTURES: *GETTY, ITV, NETFLIX, PA, YOUTUBE*

House PAR

£26.99, Quiz Clothing

£25,
F&F at
Tesco

COMPILED BY: *LARA NUGENT*

£27.99,
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Jacket, **£95;**
Trousers,
£80, both
French
Connection at
JD Williams

£15,
Accessorize

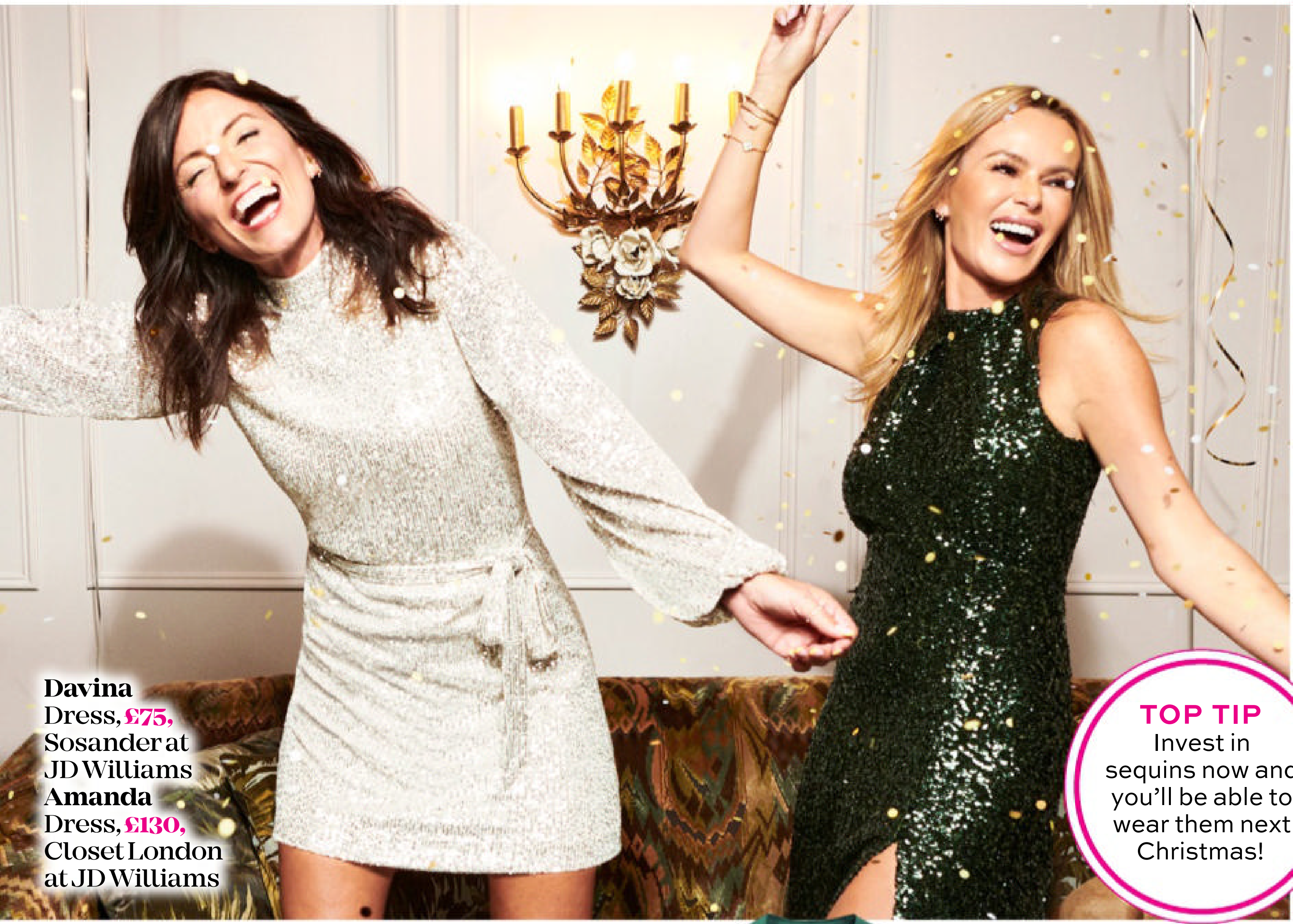
£65.99,
New
Look

£4.99,
New
Look

£75,
Wallis

RTY!

Copy Davina and Amanda and dress up even if you aren't leaving the house...



Davina
Dress, £75, Sosander at JD Williams
Amanda
Dress, £130, Closet London at JD Williams

TOP TIP
Invest in sequins now and you'll be able to wear them next Christmas!

£17.99, H&M

£35.99, New Look

£19.99, H&M

£12.99, H&M

£22.99, Zara

£15, Primark

£39.99, Quiz Clothing

£30, Matalan

‘Strictly? It’s too scary!’

Brilliantly quirky comedy-drama *I Hate Suzie* is back on Sky Atlantic – and Billie Piper is embracing the madness (and the snazzy dance moves)...

Series two of Billie Piper’s hit Sky show, *I Hate Suzie*, finds chaotic Suzie without a job and living apart from her son, Frank, following the break-up of her marriage to now ex-husband, Cob. Crashing in sister Archie’s box room, Suzie decides to take the lifeline being offered to her by new agents Sian and Holland. She says yes to Dance Crazee Xmas, a popular TV Christmas dance show. It’s all just for festive fun, of course – and a big fat fee...

Here, the 40-year-old mum-of-three tells us more...

How long did it take you to decide there was more of Suzie’s story to tell?

After series one, I felt exhausted by the process, which is normal. We wanted to be as far away from it as possible and couldn’t imagine how it would continue, or what we would want to say beyond it. I felt very anxious about how we would improve on the last series. We had the support from Sky to take some time, a year or so, then we started feeling energised and alive to new ideas.

Where did the idea of making her a dancer come from?

I was having a run and I remember having this fantasy of bringing Suzie into a dance competition, to win back the love of the public. I felt really jacked about that, presented it to Lucy and we both started getting excited. Then it tumbled out and we decided to go away and get some sun and feel inspired... For a while we thought about making it into a movie, then decided on three single hour episodes, spread over Christmas, so there was some other sense of spectacle to it.

What makes you and your choreographer, Paul Roberts, such a good team?

We have a shared history. I love dance and he’s known that about me since I was 14. I’ve worked with him since my popstar days, I worked with him on my film, he worked with us on series one. Wherever I can, I’ve worked with Paul and we just love going for it – we have very similar taste

Series two sees Suzie crashing at her sister’s

Waltzing back onto our screens in *I Hate Suzie Too*

and we're both ambitious with the dance. Selecting the songs took quite a while, but we were endlessly sharing references. Lucy loves all the same stuff as well, so we were poking around lots of Bob Fosse, we're massive Pina Bausch fans and Beyoncé's *Homecoming* documentary was a big reference. We worked very closely in rehearsals for a month.

Performing those dances looked like fun...

That's nice to hear. The great thing about dance is that it brings out the best in everyone, genuine levels of joy. When you watch *Strictly Come Dancing* – and I'm a devoted fan – you go, why are these people so happy? Why are they always saying: this is the best moment of my life? It always seems so far-fetched. But then when you start dancing and realise how potent it is as a mood-altering experience.

Why is Suzie doing Dance Crazee?

There are a few things going on there. She wants to win back the heart of the nation, but honestly and practically she is motivated by money, because she's losing loads through her divorce. If anything, she starts the show at arm's length, especially when she doesn't receive the reaction she'd hoped for. At that point, it almost becomes a competition with herself. Everyone keeps saying, just be yourself, but what does that mean? Very few people seem to have a real grasp on who they actually are, but Suzie knows who she is in those moments – there is a safety and escapism that comes with doing a performance of any kind. It allows her to leave the real world – that's what is probably so intoxicating for her. It's a sort of spiritual experience.

What does happiness look like for Suzie at this point in her life?

I don't feel like Suzie knows what it is that will make her happy, and she doesn't know what's good for her either. By the end of series two, it's clear that she wants a meaningful experience with her child. Beyond that, everything else is just reactivity.

Is this the end of Suzie's story – or might there be one, final chapter?

I don't think there'll be a final chapter any time soon. Never say never – this is it for now, but we'll see. Maybe something will come up in two or three years' time that we'll think might work. It's like when you have a kid and they're four months old, and someone asks if you're going to have another kid. How could I possibly have another kid? That's how this show feels to me.

● ***I Hate Suzie Too*** **is on Sky Atlantic from Tuesday 20 December.**

'I'd never do Strictly!'

Asked if she'd be up for doing *Strictly Come Dancing*, Billie hilariously replied, 'No, never. It's too scary. This ticks so many boxes because it meant that I could do *Strictly* without doing it in any way. I'm in awe of those people. It's just incredible to me. It's bad enough coming out on set and doing the routine for the first time, to a camera crew. Going live to the nation – how do they do it?!'

Even Helen and Gorka can't inspire Billie to go on *Strictly*

PICTURES: *GETTY, SHUTTERSTOCK*

Sally's dream job changed her life

Mick Jagger with Bianca and Jade

Sally (right) became tour manager for Mick and co

I'm a rock 'n' roll

Sally Arnold never imagined her job would take her on the road with Britain's biggest music icons...

The smell of simmering onions filled the air of Mick and Bianca Jagger's Bel Air mansion. It was Christmas Day 1971, and I'd given baby Jade her afternoon feed and put her down to sleep.

'Do these look done to you?' Mick asked, pointing to the roast potatoes.

I heartily nodded, excited to tuck into the honey-glazed ham, turkey, rainbow vegetables and bread sauce. Mick and I had cooked the lunch together and Bianca thought we were crazy for making everything as English as possible, but it felt right, especially being in LA.

The pair later gifted me with a Gucci leather wallet, a cowboy shirt and one of Bianca's YSL jackets for Christmas. If only my younger self could see me now...

Growing up, I'd lived in rural Wiltshire and on a dairy farm in the aftermath of World War II. I was the eldest of four and knew that when I was older, I wanted to travel the world. When I had my confirmation as a teen, my godfather came with his girlfriend.

'I'm a Norland nurse,' she said. It was the traditional nannying agency still favoured by the Royal Family and had clients all over the world.

'That's what I want to do', I thought.

In the Spring of 1965, aged 16, I left the countryside for London. I'd imagined it would be like something from a film, but back then, it was still quite dismal. Many of the buildings were still covered in filth from the war, with areas still showing bomb damage.

Two years later, I began my training at Norland Nursery Training College, in Denford Park, Berkshire. We learned how to look after a child from birth to seven years old, by training in nutrition, cooking and health. We covered everything and had to take difficult exams at the end of each term. Failure meant expulsion, but after two years, I managed to get my diploma.

I took a couple of jobs after I graduated before travelling across Europe with my friend, Caroline – visiting Italy, Greece and Vienna. I then moved to France to be with my boyfriend, Jean-Pierre Rassam.

He was a film producer and we'd met at the Cannes film festival in May 1971. Jean-Pierre always lived in hotels, so when I arrived in Paris in August 1971, my new home was the penthouse suite of the Hotel de l'Université in Saint-Germain.

We went to tons of famous parties filled with champagne and A-list guests – each one more flamboyant than the last! Then, one Summer evening in August, I met Mick Jagger and his wife Bianca, who was heavily pregnant at the time.

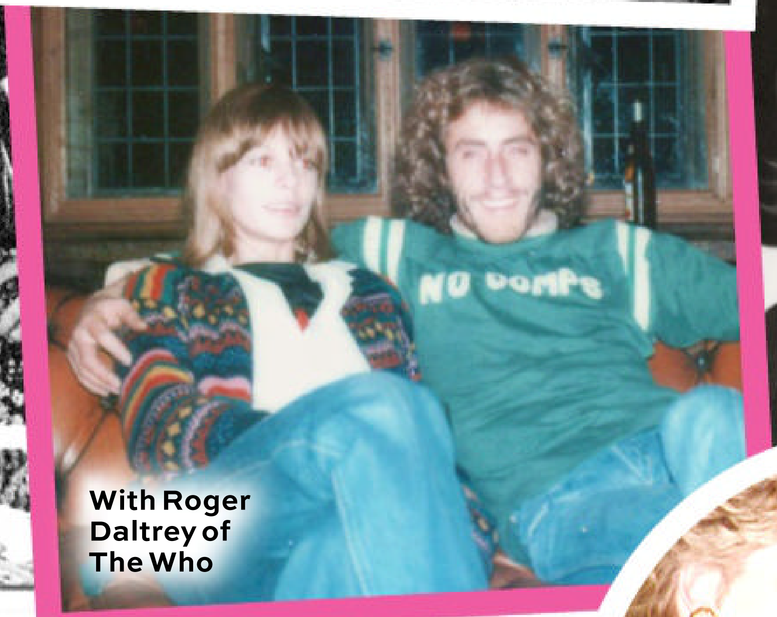
Someone had told them I was a Norland nurse, and we were introduced. 'I'm fed up with interviewing so many unsuitable nannies, please come and work for us,' Bianca said.

A couple of days later I was invited for tea on the terrace of the couple's top floor suite in the world-famous L'Hotel. As I lifted my cup and saucer, Mick produced a recommendation letter from the Principal of the Norland Training College – it was fate!

As things had deteriorated with Jean-Pierre, I decided to take the job and raced back to England to get my uniform.

At 22, I was so excited to

She fell for Lynyrd Skynyrd's stage manager Dean Kilpatrick



With Roger Daltrey of The Who

She's helped Pete Townshend with his charity work

Rubbing shoulders with Royalty

'If there's one thing I've learned'

'Take life by the horns and always remember – you are never too old to start something new.'

nanny!

begin the next chapter of my life. Bianca gave birth to Jade on 21 October, and I travelled back to Paris.

When I got close to Bianca's private room in the hospital, I heard a baby crying. The sound echoed along the corridors until I found little Jade in a separate room, the hot sun was peeking through the window.

'The Jaggers felt like ordinary people'

'I'll look after you from now on,' I cooed as I picked her up. After a few months, we moved to the south of France and then went on to LA, where the pair rented a huge mansion.

The Jaggers felt like ordinary people, and Bianca was beautiful. I'd never seen anyone with such flawless skin! But just like any couple, they'd contradict each other with their instructions – it could prove very confusing.

I was never really into rock 'n' roll, so it was fun to get a front-row seat and watch how ideas were brought to life. The Jaggers and I spent Christmas together and it was amazing, but I missed home...

By early 1972, I decided it was time for a change. Jade was becoming quite attached to me, which was only natural as I was with her often.

I worked my final day in March, but I kept in contact with Mick's driver Alan Dunn. I went on to travel round China, Russia and India, and when I returned, Alan called to say there was a job going at the touring office of the Rolling Stones and The Who.

'All the band like you and all the wives trust you!' he said. I had no idea about organising things or admin, but I took to it like a duck to water.

It was all sex, drugs and rock 'n' roll – and I was no saint either, but I'd stay in control so I could pull myself together if something went wrong.

I was the tour manager for Lynyrd Skynyrd's European tours from 1974, then their lead vocalist Ronnie Van Zant asked me to be their manager in 1977. It was then that I met Dean Kilpatrick, their stage manager. I batted away his advances for four years until I gave in, and we were so in love.

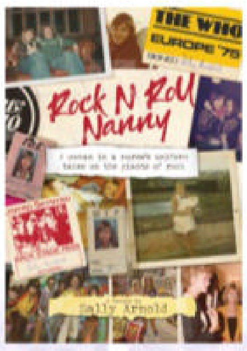
But no sooner had we got engaged, fate dealt a cruel blow.

On 20 October 1977, my beloved Dean was killed in the Lynyrd Skynyrd plane crash along with my best friend and mentor Ronnie Van Zant and another two band members. Dean and I were meant to be celebrating our engagement, but I was flying to the US for his funeral. I was heartbroken and never truly recovered.

After, I threw myself into work to distract myself, as a tour manager to Mike Oldfield and Peter Gabriel. But it was never the same. Instead, I worked on charitable projects, producing events with Comic Relief and Pete Townshend's Double O Charity.

In 2002, I was diagnosed with breast cancer. I moved in with my parents in Devon to help me cope with the intense chemotherapy. And after having a mastectomy, I was told I was in remission.

Now at 73, I'm incredibly grateful to have lived such an amazing life. I'm glad I took every opportunity and savoured every moment – it made me appreciate the good parts even more.



● ***Rock N Roll Nanny* by Sally Arnold (SilverWood Books) is available now.**

WORDS: KAYA TERRY PICTURES: GETTY, LORNA YABLSEY, RICHARD YOUNG

LAST MINUTE XMAS GIFT? SUBSCRIBE TO *best* DIGITAL

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TIME TO CELEBRATE!
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CAROL McGIFFIN

THE WAY I SEE IT...

Wise words from our feisty, fearless and funny columnist

NEW YEAR, NEW HOPE

Instagram/the_mcgiff

CHEERS TO 2023!

'This time a year ago this column was devoid of positivity, it was hope-less. Mainly because 2021 hadn't been a good year with the Covid crisis continuing, Christmas had been under threat again, and the only shred of hope was that 2022 couldn't possibly be worse.

This year it's very different indeed because it wasn't worse, in fact, it was quite good.

Looking back there have been some fabulous moments that have provided great memories. Mark, my husband, who I met when he was 26, finally turned 40 and we celebrated by going to the Maldives, the ultimate once-in-a-lifetime holiday. It was a massive treat but worth every penny.

We also discovered more of our adopted country, France. Driving to the vineyards of the Languedoc and stopping off at Avignon, a beautiful city, and numerous villages on the way.

We didn't need to go away much more than that, as we had an amazing Summer in France where we had the best weather since we've lived there. And of course, we've had our very first Christmas in our house, just the two of us.

So I do have some hope for 2023 and although we're experiencing a rough patch and unspeakable things are going on in the world, we'll get through it, hopefully coming out the other side, stronger and wiser.

Looking forward, we've got a few things planned. We're off to Thailand for the first time in three years. And the rest of the year will be devoted to our garden, to finally mastering the French language, getting properly fit (see issue two of *best*, out 10 Jan!) and I might even finish my book. Though if the sun spends too much time shining on us, it might just take me another year!

Happy new year, everyone! And, once again, thank you so much for reading my ramblings!'

I'm loving...

SNOW DAYS

Thanks to cancelled flights I was in the UK for the snow, which was seriously magical. I hadn't seen snow since 2018 because I always seem to just miss it. But nothing had changed, because it still turned us both into a couple of five-year-olds, acting like we'd seen it for the first time. We then went out to a London pub with a fireplace for some mulled wine, and it couldn't have been more perfect.

WINTER WARMER

I'm loathing...

WAG DRAMA

Has Channel 4 actually made a drama out of the ridiculous story that was the Coleen Rooney v Rebecca Vardy trial? I mean, didn't it just happen *last week*? How can this channel, which is publicly funded by the way, justify spending any money on something that anyone who was interested would already know exactly everything about?

WAGATHA CHRISTIE HAS HAD ITS DAY IN COURT

PICTURES: C4, GETTY, INSTAGRAM, NICKY JOHNSTON

We're ALL TALKING about

If you haven't had time to keep up with Twitter, Facebook or Instagram, we've done it for you...

JOIN THE CONVERSATION

When your dress doesn't impress...

It's party season and we can't wait to get dolled up and go out! And that was the case for *Love Island* star Maura Higgins, who was thrilled to go to the British Fashion Awards in December. She was being dressed by designer Scott Henshall and it was the 'first time to have zero control on my outfit', she admitted on Instagram.

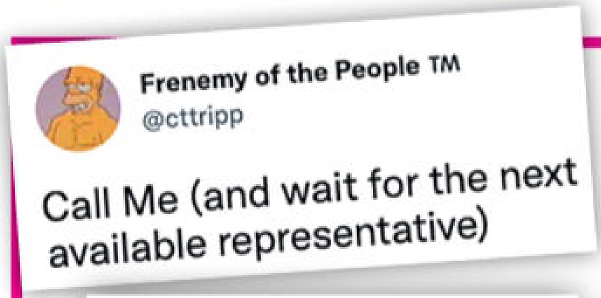
Yet, she later added: 'I've had a nightmare... The dress, the shoes, everything wasn't something I'd wear... So, I've decided not to go.'

Now, we think she looked lovely but it's not about what we think – it's about how *she feels*. And she's not the only one to cancel plans because of an outfit. A survey by Tu at Sainsbury's revealed that over a quarter of Brits pass on parties because they find dressing stressful. Have you cancelled plans because you didn't feel comfortable in your clothes? Let us know.

WHAT DO YOU THINK? Tell us at facebook.com/bestmagazine

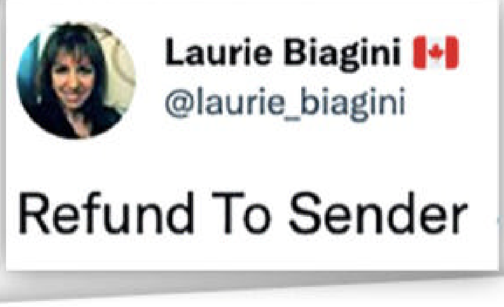
The star of the show

Here's a way to add sparkle to your New Year! If the thought of traditional shots leave you feeling pale, swap liquids for jelly. We love this inventive 'Champagne jello shot' created by Gwyn at **sparklingcharm.com**, shaped into stars with gold sprinkles for added lustre. Just remember, they're not sweets...!



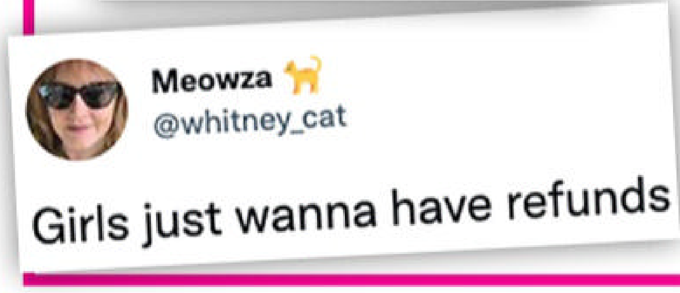
Frenemy of the People ™
@cttripp

Call Me (and wait for the next available representative)



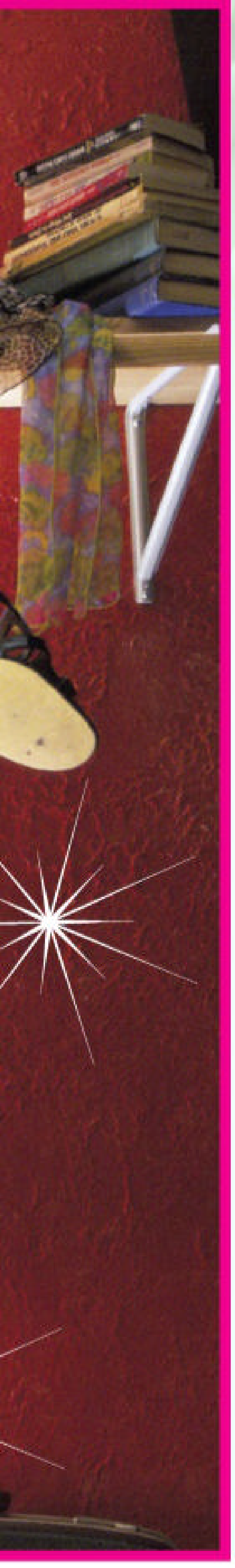
Laurie Biagini 🇨🇦
@laurie_biagini

Refund To Sender



Meowza 🐈
@whitney_cat

Girls just wanna have refunds



GOING VIRAL

Sequins galore!

'Tis the season to be sparkly. Whether it's adding a bit of red lipstick or wearing a glittery skirt – it's the time of year to add some extra *zhoosh*. We absolutely love this clip on TikTok of two pooches dressed up in sequinned bows and shirts, that have a frilly edge. **Find it on TikTok @millydogfashion.**

TikTok
@millydogfashion

TikTok/millydogfashion

WEIRD OR WONDERFUL?

All that glitters

Instagram/kelseyh.beautyblogger

If you can't add some dazzle to your make-up at New Year, when can you? The talented Kelsey at @kelseyh.beautyblogger has used a mixture of colour and sparkle to decorate her eyes on her Instagram feed, with a spot of coloured mascara to boot. In this instance, more is definitely more!

FIND US ON INSTAGRAM AT...
@bestmagofficial

Three cheers for negroni

It seems that cocktails will never go out of fashion, but some are more popular than others, like the negroni, which has experienced a sales spike of more than a third month-on-month at Ocado, partly thanks to a viral *Game of Thrones* video clip. You can find a recipe online at ocado.com. Alternatively, the pre-mixed version from the same website is £19. Bottoms up!

Trending on Twitter

#CustomerServiceSongs

The Twitterverse left users in hysterics after they decided to give songs a 'customer service' makeover. Our fave is the renamed 1980 Blondie hit: 'Call Me (and wait for the next available representative)'.

FIND US AT...
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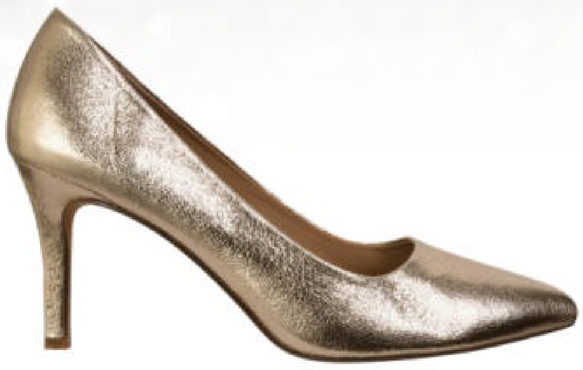
EVERYONE'S...

Taking up traditional hobbies

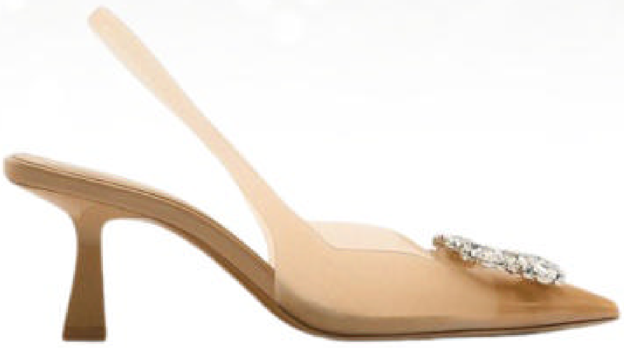
During the New Year, many of us are looking to start a resolution or hobby. And research has shown that traditional pastimes are on the rise – including bird-watching, sewing and stamp-collecting – with 26 per cent of Brits admitting it helps them escape the stresses and strains of modern life. Taking the top spots are gardening and kneading dough – suggesting those polled aren't afraid to roll up their sleeves and get their hands dirty, like generations before them. Will you be starting a new creative pursuit this January? Let us know what you've decided upon.

WORDS: *HELEN PIKE, KAYA TERRY AND SARAH WHITELEY*
PICTURES: *GETTY, INSTAGRAM, TIKTOK, TWITTER*

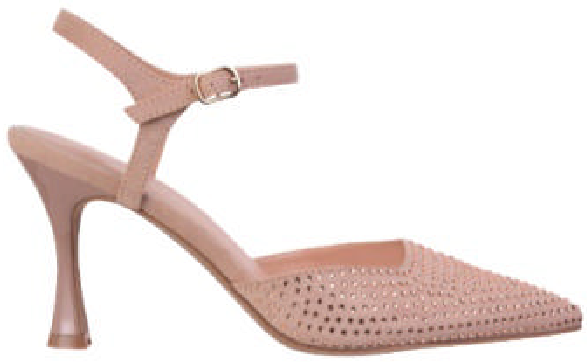
Twinkle



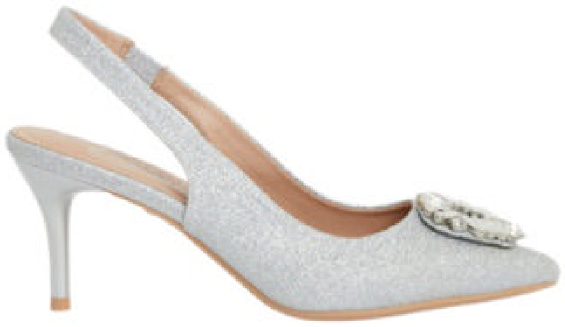
£15, **Matalan**



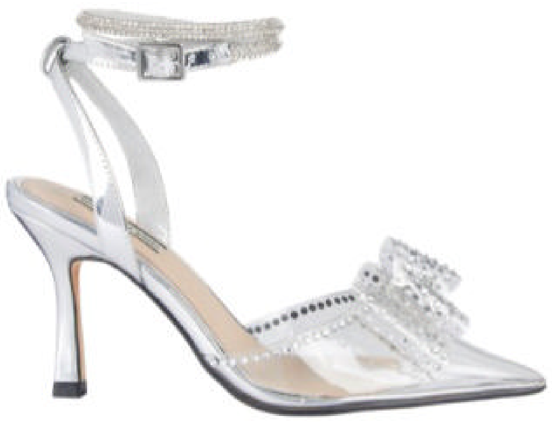
£59.99, **Zara**



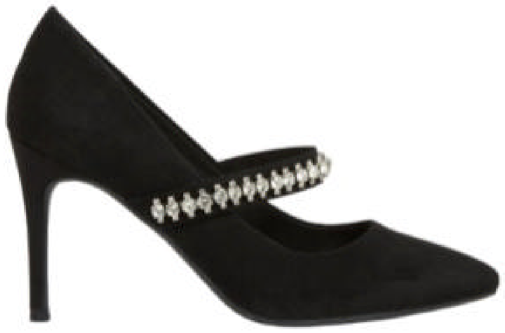
£27.99, **Matalan**



£29.99, **New Look**

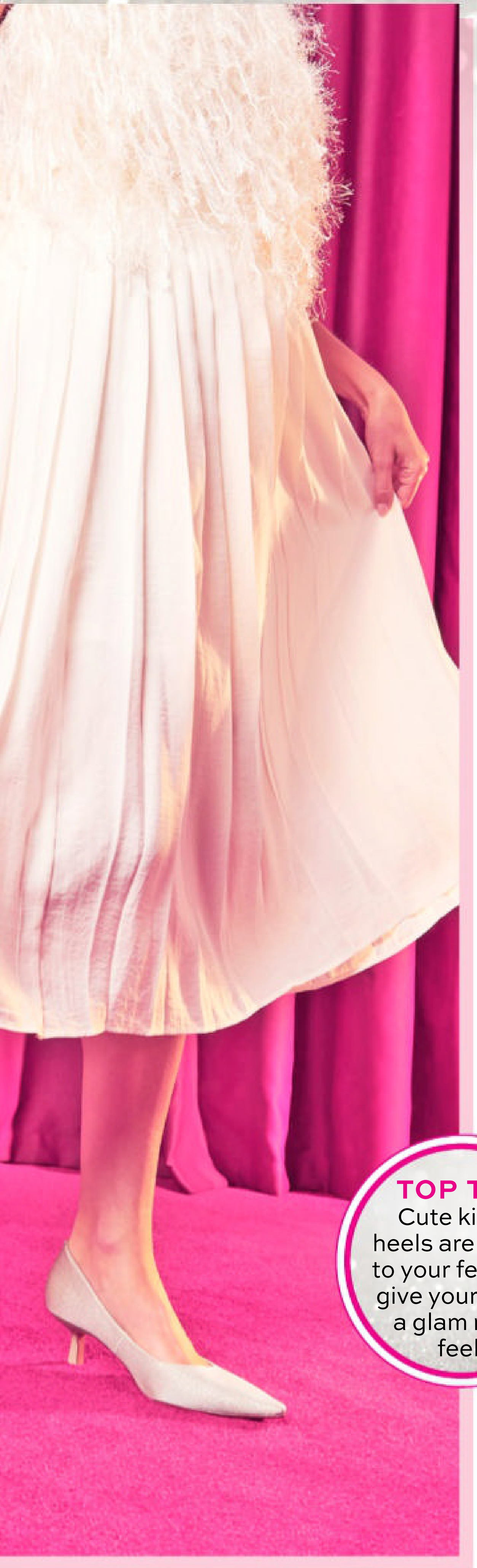


£59, **River Island**

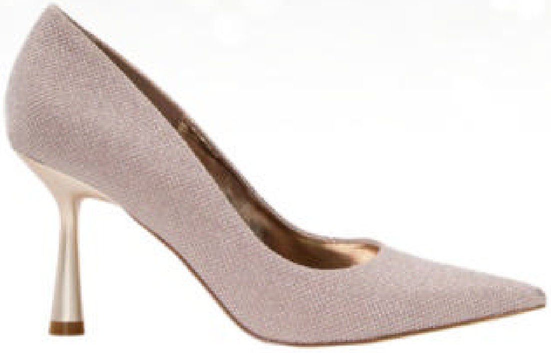


£32.99, **New Look**

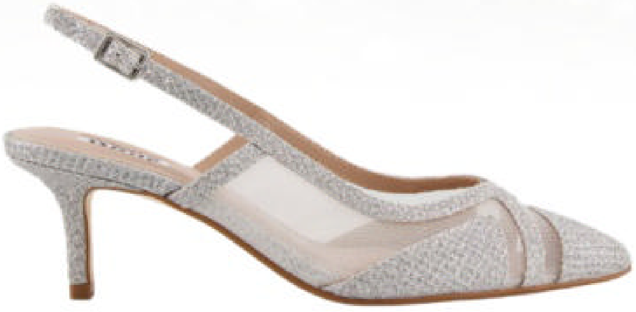
Shoes, £69, Hotter



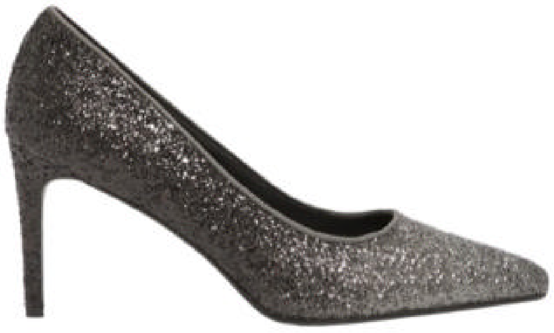
TOP TIP!
Cute kitten heels are kinder to your feet and give your outfit a glam retro feel.



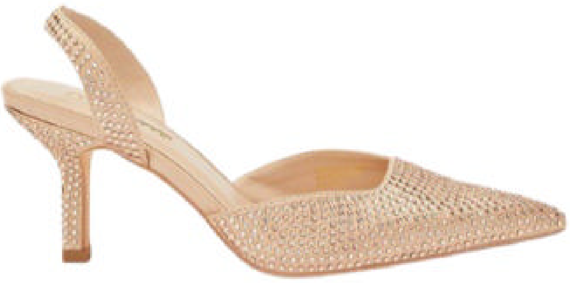
£95, **Dune**



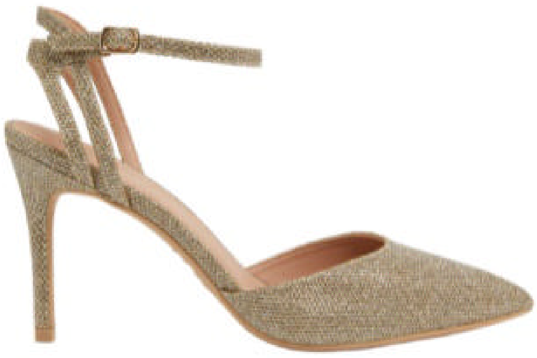
£75, **Dune**



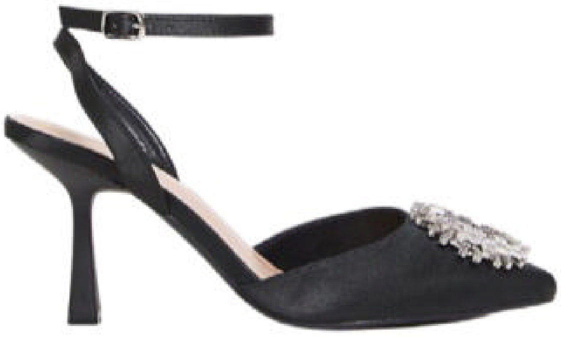
£22, **Tu at Sainsbury's**



£55, **Wallis**



£27.99, **New Look**



£45, **JD Williams**

TOES...

Step out in style this New Year with a pair of statement heels

COMPILED BY: *LARA NUGENT*

‘This country lets me be funny for a living!’

Katherine Ryan, co-star of brilliant new heist comedy *Romantic Getaway* talks babies, romance and her innate fear of bending the rules...

Canadian comedienne extraordinaire, Katherine Ryan, has joined forces with her old comedy circuit pal Romesh Ranganathan for a riotous new comedy, *Romantic Getaway* – about a couple, Deacon and Allison, who live in Reading and are struggling because they want a child through IVF, can’t afford it – and end up stealing from their nasty boss Alfie (Johnny Vegas) to fund it. Here, the funny woman, 39, who is based in Hertfordshire and is soon to welcome her second child with her former childhood sweetheart Bobby Kootstra (Katherine also has daughter, Violet, 13, from a previous relationship, plus Fred, 18 months, with Bobby), tells us more about why the show shines a crucial light on a painful topic...

Have you guys created a new sub-genre here, the ‘IVF heist dramedy’?!

It’s very clever. Romesh has written something funny and exciting, with a Bonnie and Clyde heist element – but also a serious moral quandary – this ethical undertone where we’re dealing with real emotional trauma that affects people’s lives. Long wait lists and wild inflation of private medical care, to address what is a painful situation for a lot of people. I think the viewer, hopefully, thinks, is this Robin Hood robbing a bad man to achieve something wonderful, and create a legacy for their life?

You and Romesh are good pals – were you just waiting for a project to work together on?

It’s difficult for comedians. We start out all together all the time. I remember when Romesh and I would be travelling in a car together to the basement of a Wetherspoon’s somewhere to do a gig and splitting petrol money. We were both transitioning from having these office jobs. So, we relate to the characters because we were both commuting to work. Romesh was teaching; I was in sales. We’re working these long weeks and going gosh, how am I going to build a family and look after them like this?

Then you both became very successful...

Yeah, then we got both got lucky, and we have so much gratitude. This country allowed us to tour, to do television and to be funny for a living. But the double-edged sword is, you don’t see each other any more. Comedy’s isolating. So, any time you do get a chance to be together, it feels like school again. There’d be tons of us on a line-up – not just one, all alone, in... Stoke.

Katherine, you’ve said you’re ‘good at making babies’ but have also been open about

Katherine with Bobby, Violet and Fred

With pal Romesh Ranganathan in *Romantic Getaway*

Providing the laughs at the Apollo

pregnancy loss. How was it tapping into this character, desperate to have a family?
It's so difficult when you've experienced pregnancy loss, and you just don't know if it's going to work out the way you want, or when – or how many more setbacks you have ahead of you... A lot of women started talking about it in lockdown that hadn't before. High-profile women, like Chrissy Teigen. At your lowest point, you do feel powerless and desperate to regain control Many families have a very non-linear journey towards creating a family– and they don't all rob Johnny Vegas, but I think this show is more relatable than you might think.

Any memorable moments on set – or mad stunts?
Driving a Ferrari. I didn't imagine I'd even be allowed to. I do have a licence, but I can't drive manual. In this country a lot of people learn manual, but in Canada we've phased it out. We all have automatic cars. So, they found me an automatic Ferrari so that I could safely drive it – it was amazing! It's the only time I'll ever be able to drive a Ferrari. It was wild. Not to spoil anything, but we also ran around castles... It's fun, looking back –but in the moment, I was whining a lot.

There aren't too many kisses and cuddles between your characters...
Haha, no, there wasn't a lot of physical intimacy. I feel if this was a very passionate project, the viewer might feel weird about it knowing both Romesh and me – I don't think anyone wants to sit with their teenagers on New Year's Day and watch the two of us get off with each other, after you've seen both of our *Live at the Apollo* shows. Our romance is a very loving, collaborative partnership – like a real marriage. Our characters have been married eight years, and that's the zone I'm comfortable with.

Think you'd be like Allison in real life?
Yeah, I think like Allison, I am truly unflappable – though it would upset me to break the law. If I were involved in a crime spree, you might see a different version of me because I am very obedient, when it comes to rules. It could be a role reversal – Romesh might be cool with the big robbery, and I'd be like, argh but we need to pay the Dartford Tunnel charge!

Favourite heist movie?
I always liked *The Transporter* – but that's just because Jason Statham's really fit. I grew up with sisters and watched a lot of gentle romantic comedies. I do get stressed out when someone's in danger of breaking the law.

Any new year resolutions?
I'm probably going to get pregnant again – let's be honest. But I'd always like to continue my pursuit of a healthy work/life balance. I feel like that's going to bleed into... 2053.

● *Romantic Getaway* will be available on Sky Comedy and NOW, 1 January 2023.

KATHERINE &... ROMANCE

It's in the title – so what does 'romantic' mean to Katherine? 'My language of love, the way I show my husband romance is, I don't row at home – ever', she says. 'I feel like we have a very peaceful household. We're not one of those spicy, sexual couples who are like very passionate. We're very low-key and very vanilla and we love each other so much.' So how do they show that love? 'If I find a towel on the floor, I'll hang it up without saying anything. And I get up with the baby – even though I haven't slept in 17 months and I'm about to have another baby, and I've lost a LOT of skin elasticity in that pursuit...'

Katherine and Bobby got together in 2018

WORDS: SHELLEY SPADONI PICTURES: GETTY

Beauty with the star factor

Which celebrity products are worth splashing out on? We reveal our favourite six brands...

Rare Beauty

1 RARE BEAUTY

CELEB: SELENA GOMEZ

Launched in February, teen-sweetheart-turned-mental-health-ambassador Selena created Rare Beauty to celebrate everyone's uniqueness. The brand has a philanthropic side, launching its Rare Impact Fund that supports mental health and receives the funds from 1 per cent of all sales. ***best*'s pick: the Positive Light Tinted Moisturiser, £26 (24 shades),** is like a light switch for your skin, filtering out enlarged pores and fine lines while adding a subtle glow that makes you look a picture of health. We're sold!

2 FENTY

CELEB: RIHANNA

The Barbadian songstress launched her make-up line in 2017, with skincare following in 2020. Inclusivity is at the heart of Rihanna's cosmetics line, with her foundation coming in 50 shades. ***best*'s pick: Fenty Beauty Icon Semi-Matte Refillable Lipstick (13 shades), £18**, provides the perfect chance to swap in a new shade without excess packaging (buy the case for £10 at Boots). It has a velvety finish that doesn't feel too drying, thanks to its hyaluronic acid and vitamin E formula.

3 JVN

CELEB: JONATHAN VAN NESS

From the hair expert in TV's *Queer Eye*, JVN has four core collections to target key concerns like damage and volume, using natural, nourishing ingredients like hemisqualane, a natural alternative to silicone that doesn't leave your hair feeling coated. ***best*'s pick: The Blowout Styling Milk, £25,** feels like an investment but it's remarkable how little you need to help tame frizz and flyaways, and its citrus, floral scent says 'perfume' more than 'hair product'.

4 TRINNY LONDON
CELEB: TRINNY WOODALL

The 58-year-old's no-nonsense approach extends itself to her latest venture. The 'match2me' online questionnaire takes the mystery out of shopping her extensive collection. ***best*'s pick:** Our tester described the **Retinal+Serum, £69**, as her best skincare discovery in years, resulting in glowier, even skin, while **Find Your Balance BHA Exfoliant, £36**, drastically reduces breakouts and redness. Like spa treatments in a tube.

5 HONEST BEAUTY
CELEB: JESSICA ALBA

Founded 10 years ago, Jessica longed for a no-nonsense approach to ingredients and formulas. As a promise, Honest Beauty products contain only naturally derived ingredients across skincare and make-up that truly deliver. ***best*'s pick: Honest Beauty Magic Beauty Balm, £16**, is a handbag hero during the colder months, nourishing dry spots like lips and cuticles, and adding a sheen to cheekbones. Its oil-rich formula means a little goes a long way.

6 KYLIE COSMETICS
CELEB: KYLIE JENNER

Originally launched in 2015, the brand had a revamp last year, expanding its collection beyond lip kits, and reformulating so every product is vegan. It's got everything you'd want from make-up; the colours are highly pigmented so a little goes a long way, plus the shades themselves, from eyes to cheeks and lips, are super-flattering on all skin tones – not an odd one out in sight. ***best*'s pick: Wizard of Oz Transformative Lip Tint, £24,** may look green in the tube but turns into a delicate shade of pink upon application.

WORDS: *HELEN PIKE* PICTURES: *GETTY*

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PICTURES: *NICKY JOHNSTON*

TOP TIP!
Set the ambience with some candles and a bath pillow to really indulge in relaxation.

LOVELY Bubbly!

Lather in luxury this Winter with a blissful bath...

Carex Sensitive Bath Soak, The Range **£1**

Keia Soothing Bubble Bath Lavender, Morrisons **£2.99**

Sunday Rain Bubble Bath Acai Berry, Superdrug **£4**

Glam Wax Velvet Rose & Oud Bubble Bath, Freemans **£10**

Cranberry, Orange & Cinnamon Bubble Bath, Avon **£1.50**

Percy Pig™ Cleansing Bubble Bath, M&S **£5**

Radox Mineral Therapy Bath Soak Muscle Therapy, Boots **£1.50**

Spa Feeling Original Pink Bubble Bath, Soap & Glory **£10**

Body & Soul Refreshing Golden Glow Bath Soak, Astonish **£1.25**

Fireside Glow Bubble Bath: Clove & Leather Wood, Avon **£2.75**

Ginger & Shea Butter Bath Soak, Morrisons **95p**

Radiance Ritual Touch Of Gold Body Oil, Avon **£5**

Pear Bath Blend, The Body Shop **£9**

Imperial Leather De-Stress Bath Soak, Superdrug **£1.79**

Classic Bath Bubbles, Fenjal **£6.90**

Muscle Ease Bath Soak Clary Sage Extract, Asda **75p**

Dr Teal's Foaming Bath with Pure Epsom Salt- Relax & Relief, **£8.99**

Baylis & Harding Goodness Natural Bath Soak Lavender & Bergamot, Tesco **£5**

Lavender & Lemon Calming Moisturising Bubble Bath, Bubble T **£3**

Di Palomo Tuscan Dreams Bath Essence, Studio **£9**

COMPILED BY: RACHEL COPE

Fight *festive* fatigue!

Feeling overwhelmed? Here's how to boost your energy in 10 easy steps

1

RISE!

Many of us see the holiday season as an opportunity for long lie-ins, but a new study from the University of Toronto suggests that early birds feel more alert, awake and motivated than those who get up later.

2

DITCH DIGITAL

In search of a good night's rest? The National Sleep Foundation found that using electronic devices before bed suppresses the sleep hormone, melatonin, and affects the body's natural rhythms, disturbing healthy patterns. So switch off your smartphone and relax in front of a flickering fire instead.

3

DRINK YOUR GREENS

Our intake of rich, fatty food is often greater around now, so balance your diet with the right supplement. 8Greens, £14 for 10 tablets (Amazon), dissolves in water and contains the likes of spinach, kale, wheatgrass and spirulina, along with energy-boosting B vitamins and vitamin C to help support your immune system.

4

JUST ADD WATER

It's easy to become dehydrated over the party season. A study confirms that a lack of fluids can contribute to fatigue and a loss of focus, so drink six to eight glasses of water a day. 'Thirst isn't always a good indicator of needing a drink, and many people are dehydrated without knowing it,' says nutritionist Dr Marilyn Glenville (marilynglenville.com).

5

SKIP THE DAIRY

Don't have milk in your tea: a Dutch study showed that drinking black tea improves alertness and concentration.

6

HELPFUL HERBS

'Rosemary helps to reduce fatigue, while sage sharpens memory,' says medical herbalist Lloyd Gee (lloydgee.co.uk). Infuse 1 tbsp dried rosemary and sage in a pint of hot water, cool, and drink a cup three times a day.

7

EMBRACE THE BRAZILIAN

Snack on Brazil nuts. They're a rich source of immune-boosting selenium and B vitamins, which convert fat, protein and carbs to energy. 'A handful of Brazil nuts and a few raisins will help balance your blood sugar and avoid energy peaks and slumps,' says Dr Marilyn Glenville.

8

GET WALKING

Grab your wellies and woolly gloves and make a wintry countryside walk part of your daily schedule. 'Exercising, particularly outdoors on bright days, triggers the release of adrenaline and endorphins, which boost your energy levels and mood,' explains personal trainer Steve Mellor. A leisurely stroll could actually be more beneficial than a gym session: research shows that regular moderate exercise has a bigger impact on mood and energy than vigorous workouts.

9

MEDITATE

Take time out from celebrating to re-energise with a simple meditation exercise. 'Sit down, close your eyes and breathe deeply, while imagining you have roots growing from your feet,' suggests holistic GP Dr Alison Grimston (theperrymount.com). 'Visualise these roots going deep down into the soil and beyond, to help ground you and connect you with the earth, reducing anxiety and stress, leaving you refreshed.'

10

A FRAGRANT FIX

Frankincense can be a great December energy booster. 'It gives you a lift by deepening your breathing and clearing your mind so you can focus,' says aromatherapist Katie Whitehouse (vitaltouch.com). 'Use five drops in an oil burner or one drop on a tissue to inhale.'

WORDS: *HEARST* PICTURES: *GETTY*

‘I met the love of my l

Tracey’s raising a toast to true love

The couple have been together since NYE 1990

When Tracey Holmes went out to ring in the new year, she never expected she’d meet Mr Right...

Putting on a coat of black mascara, I was excited to see what the New Year would bring.

‘Are you wearing heels tonight?’ my friend Bernice asked me.

I pointed to the black kitten heels that were on my bedroom floor.

‘Those over there,’ I smiled.

After a day of sightseeing in Newcastle upon Tyne, we’d decided to go to a local nightclub to celebrate New Year’s Eve.

It was 31 December 1990, and as the evening approached, I put on my favourite black leather skirt, tights, and a top that featured a waistcoat design – typical fashion for the Nineties!

I had no idea that on that very night, I was about to meet the man of my dreams...

I was born in sunny Los Angeles and, growing up, I’d always wanted to visit the UK.

Whenever I was asked what I wanted to be when I grew up, my answer always remained the same.

‘A teacher!’ I’d confidently said. I loved English and excelled at reading from a young age. My head was always in a book!

By 22, I’d completed my teaching training degree at university in the US and got a job working in a primary school in California. I loved every second of it. I worked long hours, but it was worth it when you saw your pupils coming on leaps and bounds. Seeing their proud faces when they went up a level in reading or writing was always priceless.

Within six years, I’d become single and wanted to see more of the world. I found out about a prestigious exchange scheme called the Fulbright Commission, which allowed graduates to trade places between the US and the UK. I applied and couldn’t believe it when I got an acceptance letter to teach in Newcastle!

The scheme meant swapping your home, job and life with another graduate. It was exactly like the Christmas film *The Holiday*, where Cameron Diaz trades her sunny Californian mansion with Kate Winslet’s British cottage!

I found out I’d be staying in the home of a man named Michael. Once I had his number, I called him, and we got on like a house of fire. We shared tips about our homes and, at 28, I was excited to begin my new chapter in Britain, where I officially moved in August 1990.

I was met at the airport by an elderly couple called Ted and Dorothy. Their daughter, Julia, was married to one of

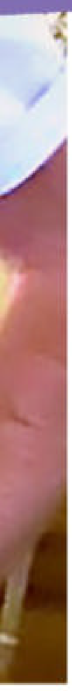
‘If there’s one thing I’ve learned’

‘Live your life the way you want, and good things will come your way.’

ife on New Year's Eve!'

They clicked straight away

And now have two lovely daughters



'I swapped my life and home in LA for a job teaching in Newcastle'

Michael's good friends and they were all so welcoming,

As soon as I arrived at Michael's – jetlagged and tired – I couldn't believe this was the place I was about to call home for the next year.

I met Julia and her partner, and we were like two peas in a pod. We spent weekends sightseeing and, on some occasions, Ted and Dorothy would pick me up and take me out for the day to Northumberland and the lakes.

I eventually got used to driving on the opposite side of the road, and the cold, rainy weather. Michael checked in to see if I was doing OK and I was happy to see my friends had welcomed him with open arms and he was having the time of his life.

I loved teaching in a new school, but the northern accent was something I had to get used to!

By New Year's Eve, my friend Bernice came over to see me. She was also on the scheme but was teaching and living in Ipswich.

She'd stayed with me in Newcastle, and we arranged to go to a local nightclub called The Boat to see in the New Year.

Once we arrived, and grabbed a drink, Bernice saw a friend she recognised who was out with his friend John.

'Hi,' he said, introducing himself. He was tall, handsome and had the most gorgeous smile. We clicked straight away and ended up chatting the whole night.

'I live in Durham and work on my family's farm,' he told me. I filled him in on my life between LA and Newcastle – it was like we'd known each other our whole lives.

Once the clock struck midnight, we shyly kissed on the cheek and later swapped numbers. I couldn't believe it when he called me at 3am to check I'd got home safely.

So thoughtful...

A few days later, we went on a date, and I couldn't help but notice the sparks flying between us. We went on to see each other every week and he was a true gent.

He finally asked me to be his girlfriend and I'd never felt happier.

We enjoyed going out for walks on the farm, spending time in the pub and exploring local scenery. By August, my scheme was coming to an end, and I had to go back to LA. John promised to visit me and make our long-distance relationship work, but it really broke my heart leaving.

We wrote love letters to one another every week. It was incredibly romantic, but I missed him terribly.

We spoke as much as we could, and by the following New Year's Eve, John came to visit me in LA. We went out for a romantic meal, and he quietly proposed.

'Yes!' I whispered. It was the most perfect moment.

Within three months we'd tied the knot in Palm Springs and both of our families attended. I ended up packing up my apartment and moving to Durham to begin my new life with John.

By November 1996, we'd welcomed our two daughters Savannah, now 27, and Melissa, now 26, into the world, and I'd never felt more in love.

I still taught locally part-time, and John, now 60, worked on the farm.

Each New Year we'd raise a glass to ourselves and reminisce about finding each other. Now at 60, we've been married nearly 31 years. I was clearly in the right place at the right time when I met John and New Year's Eve will forever be a double celebration for us.

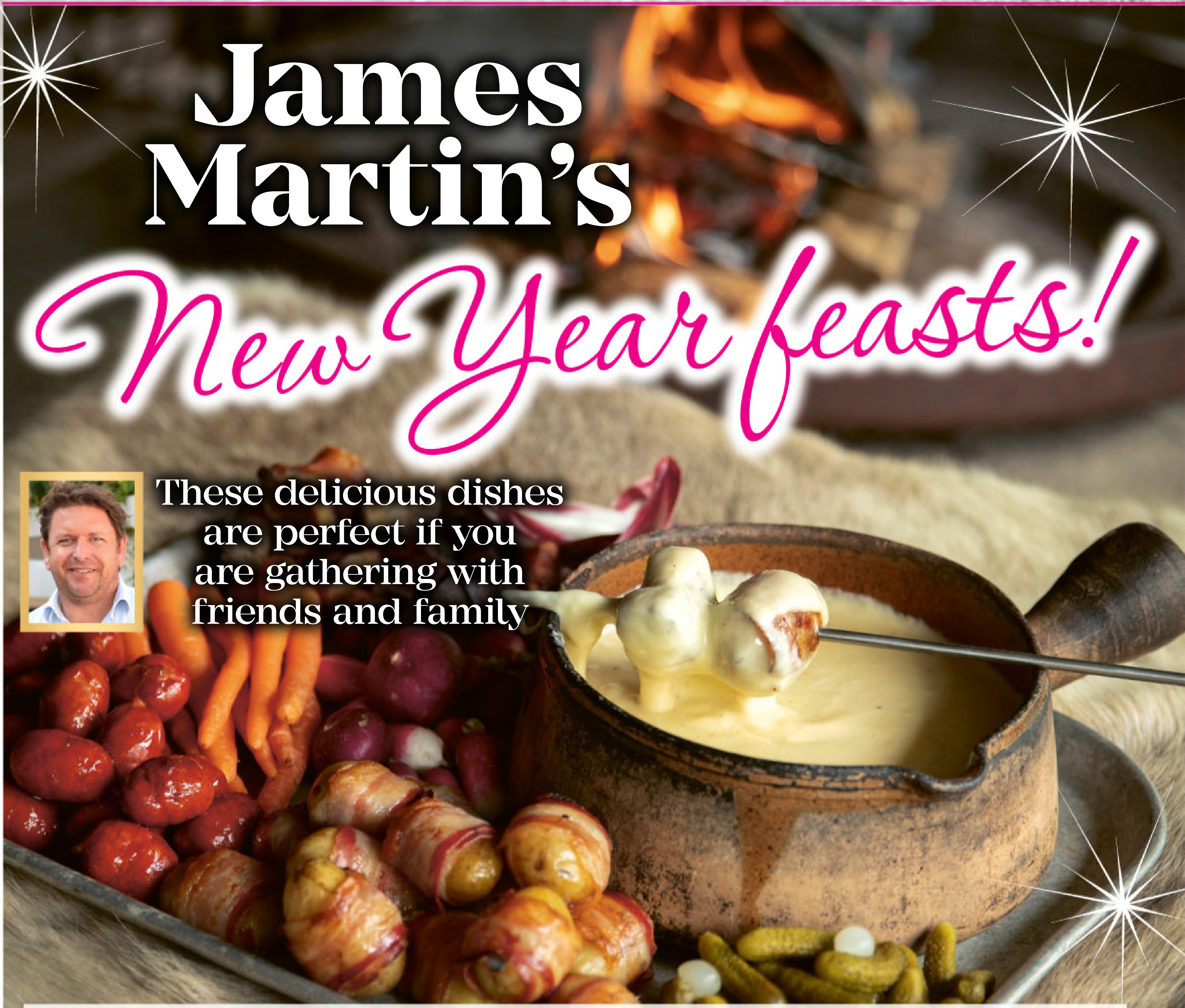
There's no real secret to marriage, just always being kind to one another and making sure to communicate with each other. Love really is a beautiful thing.

Getting married in Palm Springs

● **John and Tracey's holiday lets can be found through sykescottages.co.uk**

WORDS: *KAYA TERRY* PICTURES: *GETTY*

James Martin's *New Year feasts!*



These delicious dishes are perfect if you are gathering with friends and family

Nibbles with warm cheese fondue

The cooked potatoes wrapped in pancetta work brilliantly hot or cold and dunked in the fondue – what could be nicer? For vegetarians, just use good-quality potatoes and veg like fresh radishes, which taste amazing.

SERVES 6

FOR THE FONDUE

- **100ml white wine**
- **3 teaspoons cornflour**
- **500g cheddar, grated**
- **500g Gruyère, grated**
- **100ml crème fraîche**
- **sea salt and freshly ground black pepper**

TO SERVE

- **24 baby potatoes (about 400g)**
- **12 slices of pancetta, halved lengthways**
- **400g chorizo chunks**
- **18 baby carrots**
- **2 small bags of radishes**
- **1 jar of cornichons and pickled onions, drained**
- **1 endive, leaves separated**

1 Preheat the oven to 200°C (180°C fan)/400°F/gas 6. Cook the potatoes in boiling salted water for 12-15 minutes until just soft. Drain and leave to cool.

2 Wrap each potato in a slice of pancetta, pop onto a roasting tray and roast for 15 minutes.

3 Pop the chorizo into a small roasting tray and roast for 15 minutes alongside the potatoes.

4 To make the fondue, whisk all the ingredients together in a non-stick pan, gently whisking continuously until warmed through. Pour into a fondue dish and keep warm.

5 Serve with the carrots, radishes, chorizo, baby potatoes, cornichons and onions, and endive for dipping.

PICTURES: JOHN CAREY

Fisherman's pie

The great thing about fish pie is that you can make it a few days in advance, plus it freezes quite well. I always like to add smoked haddock for depth of flavour.

SERVES 6

- **450g haddock, skin removed**
- **450g cod, skin removed**
- **12 scallops**
- **24 prawns, peeled and deveined**
- **2 Abroath Smokies, optional**
- **500ml full-fat milk**
- **2 bay leaves**
- **½ onion, studded with 4 cloves**
- **40g butter**
- **2½ tablespoons plain flour**
- **1 small bunch of parsley, chopped**

FOR THE TOPPING

- **800g mashed potato**
- **50g butter, melted**
- **100ml double cream**

TO SERVE

- **600g frozen peas**
- **knob of butter**

1 Preheat the oven to 200°C (180°C fan)/400°F/gas 6.
2 Cut haddock and cod into large chunks, pop into an ovenproof dish and top with scallops, prawns and flakes of Arbroath smokies, if using.
3 Add the milk, bay leaves and onion studded with the cloves to a pan and heat through gently for 2 minutes. Remove and discard the bay leaves and onion.
4 To make the white sauce, melt the butter in a pan, whisk in the flour and cook out for 2 minutes. Add the milk and whisk, simmering until bubbling. Stir in the parsley.
5 Cover the fish with the sauce. Mix the mashed potato with the butter and cream and dollop over the top of the fish, spreading to cover the whole pie. Bake for 30-40 minutes until golden brown and bubbling.
6 Meanwhile, add the peas to a pan of boiling salted water and cook for 2 minutes. Drain, return to the pan and stir through the butter to melt. Serve with the fish pie.

Potato Sausage Traybake

I was brought up on this type of food. I have used Anya potatoes, but this works equally well with Ratte potatoes, if you have them.

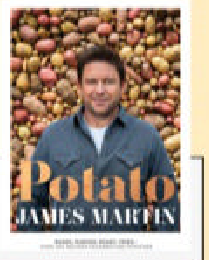
SERVES 4

- **8 pork sausages**
- **600g Anya potatoes**
- **2 red onions, cut into eighths**
- **a few sprigs of thyme**
- **a few sprigs of rosemary**
- **a few sage leaves**
- **100ml olive oil**
- **sea salt and freshly ground black pepper**

FOR THE ONION GRAVY

- **25g butter**
- **1 onion, sliced**
- **100ml Madeira**
- **25ml sherry**
- **500ml beef stock**

1 Preheat the oven to 200°C (180°C fan)/400°F/gas 6. Place the sausages, potatoes, red onions and herbs in a large roasting tray. Drizzle over the oil, season, then roast for 40 minutes.
2 For the gravy, heat a pan over a medium heat, add the butter and onion and cook for 10 minutes until the onion is deeply coloured. Add the Madeira, sherry and stock, bring to the boil and reduce by half. Season. Serve the gravy alongside the potato sausage traybake.



Potato by James Martin (£23, Quadrille)

Cocktail time!

Whip up one of these classic drinks to get the party started

BLOODY MARY

MAKES 1

Mix together 50ml vodka, ½ tbsp sweet sherry, 150ml tomato juice, ¼ tsp tobacco, ½ tsp Worcestershire sauce, pinch of salt and black pepper, and juice of half lemon; pour over a glass of ice and serve with a celery stick.

BRANDY FIZZ

MAKES 1

In a tumbler or high-ball, muddle 1 tsp demerara sugar, 1 tbsp each brandy and Cointreau and a few dashes of Angostura Bitters. Add plenty of ice, and top up with soda water. Garnish with a sprig of thyme and an orange slice.

TWINKLE COCKTAIL

SERVES 4

In a jug, mix 100ml each elderflower cordial and vodka and divide among 4 flutes or tumblers filled with ice, then top up with champagne; garnish with lemon zest.

ESPRESSO MARTINI

MAKES 1

Shake 25ml Kahlúa, 25ml chilled espresso, 25ml vodka and 2 tsp icing sugar and some ice in a closed shaker or jar; strain into a martini glass and serve decorated with coffee beans, if you like.

WORDS & PICTURES: *HEARST*

Food in a flash

MAKE LIFE EASIER IN THE KITCHEN WITH THESE SPEEDY MEAL IDEAS AND SUPERMARKET BUYS

STEP AWAY FROM THE BAILEYS...

and pop Asda Extra Special Blonde Chocolate Flavour Cream Liqueur, £8, in your trolley instead. We found it smooth, subtly sweet with a flavour that reminded us of ice cream with a boozy kick. Best enjoyed over a couple of ice cubes and sipped slowly! Or poured over your favourite vanilla ice cream as an instant dessert.

WHITE
maltesers
12 DESSERT CUPS
PLEASE KEEP FLAT

CUP OF JOY

Thanks to Iceland, you can enjoy your favourite chocolate in dessert form! The heavenly Maltesers Dessert Cups, £5, combine delicious white chocolate with malted milk chocolate, honeycomb and whipped cream, topped with honeycomb pieces, to make a decadent treat that will have everyone fighting over the last one. Keep in the freezer and then defrost before enjoying.

GO FOR GOLD

Looking for a showstopper to impress guests? Then check out Lidl's Deluxe 'Royal Fillet', £9.99. This divine centrepiece is made with finest Scottish smoked salmon, which is seasoned and cold smoked before being finished with edible lustre. It melts in the mouth and would be ideal for a starter or served as part of a buffet.

A LITTLE BIT OF WHAT YOU FANCY...

Sneak the Jaffa Cakes Hamper, £5, into your shopping basket and we promise you won't be disappointed! Not only is it packed full of traditional Jaffa Cakes, it also has cake bars, cranberry and orange flavoured cakes and, our absolute favourite, Jonuts.

NOW INCLUDES
JONUTS
McVitie's
Jaffa Cakes
JAFFA HAMPER

Save on Champers!

From now until New Year's Eve, Aldi has reduced its Nicolas De Montbart Champagne, from £13.99 to just £9.99. Perfect to serve with canapés or to raise a glass to 2023!

CHAMPAGNE
Nicolas de Montbart
BRUT

PROPER
CHIPS
SEA SALT
LENTIL CHIPS

CHIPS FOR DIPS

For an alternative to traditional crisps, pick up a bag or two of Properchips Sea Salt Lentil Chips, £2. These lightly salted snacks are slightly more robust than traditional crisps, which makes them ideal for dipping in hummus, guacamole, or sour cream and onion.

WORDS: LARA NUGENT

The mum-of-two might be 60, but she's young at heart

Life should be

Abby Knight is proof that age is just a number and is looking forward to whatever the future brings...

Go big or go home! Abby went all out for her birthday bash

Surrounded by my family, friends and loved ones as they sang happy birthday, it felt like a really special moment. I was wearing a nice dress, had done my hair and make-up and was touched that so many people had made the effort to celebrate with me. I loved any excuse to party, and I suppose this was rather a 'big birthday'.

I see growing older as a privilege but, I've always believed that age is just a number, and despite celebrating my 60th birthday, I don't feel a day over 40...

Growing up, my mum Sylvia had worked as a journalist, and I always thought her job was so glamorous and fun. She got to speak to different people and no one day was the same, working for titles like *Jackie* and *Boyfriend*. So it came as no surprise to anyone really that I wanted to follow in her footsteps – especially as English was the only subject I was half decent at in school!

Once I'd got my education, I managed to get a job in an advertising department of a pulbishing house before I moved across to editorial and magazines!

My first role was on a *Hair* magazine and my job was to write picture captions for about 900 hair cuts per issue!

In time, I moved into beauty and fashion journalism, and

'If there's one thing I've learned'

'You're only as old as you feel and there's nothing wrong with having a few wrinkles to show you've lived an interesting life!'

With son Joe

a party – at any age!

I loved it. We'd get to sample and review lovely products, there were fabulous beauty sales, and we helped out on photoshoots and even met and interviewed the odd celebrity.

In my late twenties, I met a man and, together for six years, we had our son, Dan, now 27. Things didn't work out but I kept working and eventually joined a national newspaper.

'You must look after your skin,' I was always told by colleagues and I'd treat myself to facials to keep my skin looking fresh. I always got as much sleep as I could and ate relatively well.

Then, in 1999, I decided I wanted to meet someone to share my life with and put an ad in the classifieds. A lovely man called Chris answered, but for one reason or another, we never met up. It wasn't until November that year that a friend set me up on a blind date – and it turned out to be Chris!

He was kind, caring, made me smile, and had two gorgeous girls of his own. He was brilliant with Dan, too. Within the space of 14 months, we got married, moved house and I had our son, Joe, now 21. I only took one month off for maternity leave and went straight back to freelance writing. I even got to interview Joan Collins! She was ultra glamorous, I looked as though I'd dressed as the cleaner! She was sweet, funny and I enjoyed every moment of speaking to her. Joan was an inspiration and told me she never left the house without putting her make-up on.

By 2011, the newspaper I was working for shut down. I was almost 50 by then and while some people were afraid of ageing, trying to do everything they could to slow the process, I didn't mind so much.

I've taken collagen tablets for years, and I'm always careful to wear SPF in the sun. I realised that a few wrinkles were forming but I'd had a good time and I was proud in my own skin. I'd always been young at heart and being with the kids – and eventually our grandchildren when they arrived – really did keep me young.

Some of my friends were rigid about taking care of their looks, trying celery diets and all sorts, but my face told a story, and I was more than happy with that! I always started the day with some yogurt and went from there, but I was never too hard on myself about what came next! I became a pescatarian and we tried to eat local. Not only for the environment but for my health, too.

Abby and Chris are living life to the full

Looking and feeling fabulous!

Meeting actress Joan Collins

> **'I realised that a few wrinkles showed I'd had a good time'**

During and after the pandemic, things slowed down a little bit, but I wasn't ready to stop working. I was happy not to be in so much, to not be in a mad rush all the time, but I realised how important it was to invest in our family and having fun.

'It's crucial to have a good work-life balance,' I say to Chris, now 65. We make the most of our evenings and weekends together, going out for dinner, hitting the gym and attending Salsa classes.

We spend time cuddled up on the sofa and walking our gorgeous dog, Bob, a Border Terrier-Poodle cross, too.

In the past few years, the wellness trend has become much more prevalent and I think people find it much more aceptable to take 'me time' to look after yourself, your mental health and your wellbeing.

And I firmly believe life is all about balance. We all need to work hard, but we should play hard, too. And there's no doubt our four grandkids have helped to keep us on our toes. They're all little characters and I learn from them each day. I was so pleased they could celebrate my 60th with me.

We even went on a dream trip to Jamaica, which was a real highlight for me. We drank rum, danced and spent time together as a family.

I'm incredibly grateful that we'll all be together at Christmas, too. There will be 20 of us crammed into our Essex home, but the hustle and bustle helps to keep me young! We'll be celebrating the New Year by watching the fireworks in London, too. Now, I'm enjoying whatever life has to offer and I don't ever see myself giving up work completely. As long as I'm healthy, happy and have my family around me, I don't care how many candles are on my cake!

WORDS: *LOUISE BULGIN* PICTURES: *BIGSTOCK*

£5.99

Balloons, for 30, Amazon

HAPPY NEW YEAR

£5.99

Garland, New Look

Nibbles bowl, H&M

£17.99

£11.99

Cocktail shaker, Habitat

£28

Stemless glasses, Oliver Bonas

Noel Round Paper Decs, £15; Set of 7 Boho Paper Fans, £7; Hammered Ice Bucket in gold, £20; Red Beaded Tree Cone, £10; Stars Gold set of 4 Flutes, £15; Liya Dip Bowl Red, £4; Liya Dinner Plate, £7.50; Star Beaded Coasters Set of 4, £8; Gold Rim Glass Charger Plate, £10. All Dunelm

Let's Celebrate!

£1.50

Paper plates, Tesco

Time to

COMPILED BY: *LARA NUGENT*

celebrate...

Enjoy NYE at home by transforming your living room into a glam party room

Get the Look

TOP TIP!
Grouping paper decorations together creates the WOW factor! They work well hung over a doorway or in the hall.

Paper decorations, for two, Rockett St George

Champagne flutes, Poundland

Wine cooler, Habitat

Napkins, Amazon

Tray, Habitat

Tealight holder, Julian MacDonald for Freemans

I manifested

Sharon Thompson was feeling down, but with the help of a book and a change in mindset, things started to look up...

The mum-of-two firmly believes in positive thinking

Sitting in the kitchen, cuppa in hand, I looked out of the window onto the rolling green valleys and smiled. We'd lived in our house for five years, and I never got tired of the view, or how our home made me feel. It had been a long process to secure it, but it had been worth all the heartache – and all the manifestation...

I'd always been a positive person and had believed that the energy you put out into the universe came back to you. The same went for treating others how you'd like to be treated yourself and I quietly found something to be grateful for each day. I didn't know there was a term for it, I just knew that was how I was.

Then, in December 2008, I was working as a buyer for a pharmaceutical company and at our Christmas do, there was a guy called Dave sitting at our table. He was new to the company, and a scientist. We started chatting to each other – and didn't stop!

He was kind, funny, had a realistic outlook on life and loved travelling like me. We went on to marry in 2012, before welcoming our children, Samuel, now nine, and Annabelle, seven. We were living in a small end-of-terrace property in Bingley, West Yorkshire, and while on maternity leave with Annabelle,

Sharon felt a strong pull towards this Haworth house

'If there's one thing I've learned'

'The power of thought is a strong one. Where's the harm in being positive and hoping for good things in your life?'

my dream house

I'd started to struggle.

I adored my family, but I was feeling anxious, having trouble sleeping and worrying about going back to work. I couldn't help feeling that I'd lost my way. My positivity and intuition seemed to have disappeared and somewhere along the road, I'd stopped listening to myself.

I started to think about freedom and space, and it was no wonder. We didn't have much in the way of a garden and, in a built-up area, our view was buildings upon buildings.

My friends and I often scrolled through Rightmove, daydreaming about what life might be like in a different house. And in July 2016, I stumbled across a beautiful home. With extra bedrooms, a bigger garden and sweeping scenery at the back... it made my heart race. It was exactly the kind of freedom I'd been dreaming about.

'Can you imagine living there?' I messaged Dave, as I sent him the link.

I couldn't explain it, but I felt a connection with the property. I even drove over to Haworth, West Yorkshire, to have a look outside. Yet, it was almost double the cost of our current home and I was on maternity leave. There was no way we could make an offer.

By the new year, the house had inevitably been snapped up, and as I was back at work, I felt more stressed than ever.

One of my small pleasures for myself was reading and it was around that time I stumbled across *The Secret* by Rhonda Byrne. It focused on the law of attraction and the idea that you can change your life through the power of thought.

It really got me thinking – literally! I started to picture myself and our family in the house in Haworth, how we'd feel, what the space would mean for us as a family. I thought about it brushing my teeth, cleaning the dishes, admiring that view – constantly.

Slowly, I found myself feeling more positive. And if there was something else I wanted – everything from car-parking spaces to promotions at work – manifesting them seemed to bring them into my life. Some people thought it seemed a little out there, or hippy-dippy, but what was the harm in trying?

Then, in the Spring, the house came back on the market. 'I can't believe it!' I gasped to Dave. We looked into our finances, and although it was a stretch, we decided to arrange a viewing.

Stepping inside, I felt like I was home. 'This is *my* house,' I thought. I could picture us there, happy and thriving. And I kept those thoughts going when we later made an offer on the £340,000 house.

'I could picture us in the house, happy and thriving'

Amazing views came with the property!

Settled at last: Sharon, Dave, Annabelle and Samuel

I held my breath and crossed my fingers, but then the estate agent called. 'The vendors have accepted another bid,' he said. I was devastated – I'd been so sure... But, no matter how hard it was, I kept the positive thoughts in my head.

Then, four days later, the agent called again – the other buyers had pulled out and if we still wanted the house, it was ours! 'That's brilliant news!' I said tearfully. Dave was over the moon and although the kids were too young to understand, I knew they'd be happy there.

We put our house on the market and I switched my thoughts to imagining the sale going through quickly – and it did! We spent the next three months doing the paperwork, packing up the house and in July 2017, we finally moved in.

'I'm so happy,' I said, grinning to Dave over piles of boxes, as we unpacked the kettle and toaster.

In time, we transformed the space into our family home. Friends and family came over for dinner and drinks, and every new year, we held a party. Our dream had become a reality.

And manifesting our house changed my life in more ways than one. Because suddenly I started thinking about what else I wanted in life. It didn't take long to realise I didn't want to be working 60 hours a week, missing seeing the kids growing up and being out of the house I'd imagined into our lives.

So then, I began picturing myself working from home, helping people and being part of our community. I began training in hypnotherapy in the evenings alongside my job, before resigning in December 2017. I believed I could help support our family, make a difference to people's lives, and start a business.

Before long, I was using the sunroom in our house to see clients and, at 40, I'm now a mindset coach. It's been hard work, but I've loved every minute of it. And being positive helped make it all come true.

This New Year's Eve, we'll be having a party with our family to ring in 2023, when I'll continue to send out positivity to the universe – after all, you never know what might come back to you!

WORDS: LOUISE BULGIN

Vanessa & BEN'S

FIGHTING TALK!

This month, our feisty columnists, broadcaster Vanessa Feltz and her musician partner Ben Ofoedu talk about what changes they want to ring in, come 2023 – and one is no more petty arguments...

BEN
'Life's too short – let's agree to disagree!'

Darling Sweets,
The New Year is imminent and I feel around this time that it's time for a fresh start. In 2023, I'm going to drink a little less, spend more time with old friends and spend lots of quality time with you, as your diary is a lot more free than it used to be.

I also plan to swim more as I'm forever told it's 'good for me' and I'd like to become a stronger swimmer. Also, I'll finally take that driving test you have been asking me to do for the past, oh – 16 years!

While I've been pondering over changing things in my life for the better, I was kinda thinking maybe you could do a few things that would make our relationship stronger and cause less strife.

I was thinking you could relax a little when we argue and not want to win every disagreement – so, unless it's essential that one of us is always 'right', I think we can agree to disagree, as life is too short for arguing. I think in order to do this we'll have to make a really conscious effort – *both* of us.

And one last thing... I would love you to make more chicken soup! It is the first thing, aside from your beauty, that won my heart – and you just don't make it any more. I've tried, but I can't make it like you – in fact, nobody can. It's definitely something missing from our kitchen table, where most of our loving meals are consumed.

These things combined for me will make 2023 a fabulous year – without a doubt!

Love, Ben

'You could relax a little when we argue'

WORDS: *BEN OFOEDU AND VANESSA FELTZ* PICTURES: *GETTY, NICKY JOHNSTON*

Dear Ben,

Consider it done! You are quite right. You fell in love with my chicken soup and I have forgotten how loved a steaming fragrant bowl brimming with vermicelli makes you feel. It's a very simple request and I am happy to grant your wish.

What's more, I promise to follow the broth with my legendary sweet and sour sticky chops, and fantastically moist raspberry cheesecake. My resolution for 2023 is to fill the house with good pals and dish up lots of filling scrumptious, unpretentious food, serve lashings of cheap plonk and get back to entertaining in the kitchen, instead of wasting money in pricey restaurants.

I will certainly try my best not to obsess about time in the way I used to. Now I don't have to be live on air at 4am, I can afford to be a bit more chilled and stop being a manic clock-watcher. On the other hand, I'm still not likely to want to be the last woman standing – still propping up the bar while they clean the floors in the morning. I don't want to have to pluck up the courage to say I've had enough.

If I go easy on the time-keeping, maybe you can prise yourself away from the shenanigans a bit earlier?

If you stick to your resolution and drink less it shouldn't be a huge problem. Also if you keep your promise to pass your driving test you can finally be the designated driver, after I've had the privilege for 16 years.

Above all, I'd like us to get serious about fun. We can't have a good time together without planning, making space for each other and putting some cash in the kitty. If your visit to the gym spreads over a whole day, we go nowhere and do nothing. So let's grab the calendar, pen and paper and pencil in some great stuff. You could always start with my 60th birthday present. My birthday was 21 February 2022.

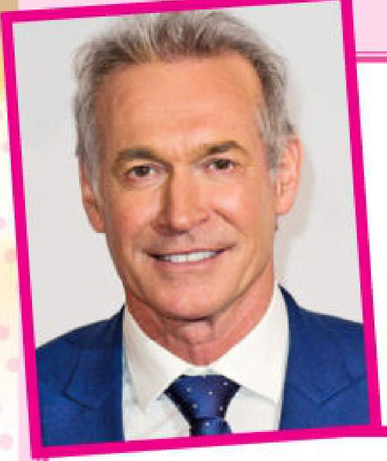
I hate to hurry you...

Wishing all *best* readers a happy, healthy 2023!

Love, Vanessa

VANESSA
'I'll try to stop my manic clock-watching'

'I'd like us to get serious about having fun'



Ask Dr Hilary

Hilary Jones MBE is a GP, medical writer and *Good Morning Britain*'s resident medic

DREADING THE JANUARY BLUES...

I have a real deep depression, which creeps up in Winter and hits me with full force, without fail, every January. I suffer really badly from SAD through Winter and then the January blues just tip me over the edge. I go out for walks; I use a SAD lamp every day... but I'm dreading the month ahead. Any advice?

Darragh, Belfast

DR HILARY SAYS:
Seasonal affective disorder, otherwise known as the Winter blues, affects up to 20 per cent of the population, some of them severely, like you, and strikes in the darker, colder Winter months. It is largely due to lack of natural sunlight, which increases the amount of the sleep hormone melatonin and reduces levels of the happy hormone serotonin in the brain. Symptoms are identical with those of depression and typically include low mood, fatigue, irritability, loss of motivation and a craving for starchy carbohydrates. Carry on using the lightbox, or consider a more powerful one, and talk to your GP about a selective serotonin reuptake inhibitor (SSRI antidepressant) and talking therapies to get you through this until the Spring.

MY KIDS KEEP GETTING INFECTED WITH HEADLICE!

Help! My kids have caught headlice four times in the past two months, and it's utterly hideous – not to mention expensive, with all the treatments I'm buying! I don't know what I'm doing wrong. I wash everything in the house thoroughly, use the correct treatment, check daily and yet still they come back. Other than completely shaving their heads, what do I do?!

Carolina, Northamptonshire

DR HILARY SAYS:
This is not an uncommon problem and arises – despite treatment – if the entire family is not treated at the same time, resulting in re-infestation, or allowing some eggs, which are still to hatch, being missed. You can try the rather laborious wet-comb method, involving shampoo, conditioner and a detection comb – but with many children, this would take a lot of time. You are probably better off using a product such as Hedrin, which effectively suffocates the lice and stops them laying more eggs, and then repeating it a week later. Alternatively, use a medicated lotion or spray containing permethrin, or a repellent or electric comb, obtainable from your pharmacy or online. Some people prefer tea tree or other plant-based remedies but in your situation, they would be less effective and reliable.

Dr Hilary

See drhilaryjones.com

● **Got a problem you'd like Dr Hilary to answer? Email him at AskDrHilary@hearst.co.uk**

NOT *so Bridget...*

DATING OVER 50?

How do you meet someone – through friends, classes or a dating app?! Never mind the social etiquette of who pays (or when do you take your clothes off and can that *please* be in the dark)... our columnist bares all – except her name!

'Let's have a Christmas drink at King's Cross.' said the ex. 'It's not even out of your way and how long do you have – 30 minutes?'

It was never going to end well, so why did I go?

You tell me... Probably why I'm single and half-expecting to still be that way by the time I hit my next big 0 – 60...

It's a while off, but still the thought is forming.

I arrived. He was already three sheets to the wind and had bought himself a ticket to mine – where hours (and absolutely no hanky-panky) later – just enough of his 'looking back chat' to make me beyond depressed – he cooked and helped himself to the turkey legs meant for Christmas Eve...

So how did I react? Well at that point, I didn't stop him. I simply popped a Christmas pudding in the microwave. I'd bought miniatures... and covered mine in brandy butter. Yum.

When you would rather eat than kiss, the end, I fear, has been and gone... I think we both just felt a bit lonely and there is some comfort in knowing the past can no longer break your heart.

So, what do I wish for New Year 2023?

I WANT YOU SINGLE LADIES TO JOIN ME IN THE SEARCH FOR MR RIGHT...ONE OF MIGHT BET A BEST WEDDING!

Hmm...

Something lasting? Yes, that's it. Lasting.

At my age, I'm not sure how many more shattered dreams I want to recover from. I've noticed, I no longer throw myself into relationships with a gung-ho: 'This is it!' (Possibly why I keep re-dating exes...)

Instead, I find myself, as Darcy once described it, 'Playing the whole game of chess, until the queen takes the king and moves on, while my date is still moving his pawn and wondering if I would like to go out for another drink...'

That said, I don't think my spirits have dropped as far as Tom's (James Fleet) in *Four Weddings and a Funeral*...

'I just hope that I'll meet some nice friendly (boy), like the look of him, hope the look of me doesn't make him physically sick and wait for him to pop the question.'

I still harbour *some* hope. So

here, New Year Fairy (just in case you can help), is my wishlist:

- Faithful (important).
- Makes me laugh (very important).
- Gets on with my daughter (super important) and my friends – enough to sit through dinner with them.
- Is attractive. I've always been more of a brains girl, so that's subjective.

Not a big ask, really, is it?

So, I'm signing up on a new dating app. Someone suggested Hinge... and I've had another text from the man who disappeared into thin air from Oxford. I think we may meet up over Christmas. Nothing ventured and all that...

Oh, and I want all you single ladies to join me in the search for Mr Right – and email me (via the ed, while they set up my email) and tell me how it goes...

Who knows, one of us might get the best wedding... now *that* would be a story!

Dating MR DARCY

He's well-known, extremely handsome, and lived in Hollywood, rubbing shoulders with A-listers for years. But now he's home, this single dad proves finding love second-time around isn't much easier for men...

Last week, I was invited to a swanky London Ball. Black tie, tuxedo, live band and maybe the chance of a Fetive smooch. What I wasn't expecting when I turned up solo (Mrs Darcy had decided not to participate, on account of there isn't one yet) was a significant ex who I hadn't seen for six years... with her new boyfriend.

Suddenly, the Richard Curtis-style rom-com type of night I was hoping for switched into a Tim Burton nightmare.

It's interesting how the body deals with shock, isn't it? Mine anyway, while it works out how traumatic the situation really is. My grandfather had a great saying: 'Run legs, body in danger.'

Unfortunately, having just arrived and being already immersed in polite 'hellos', there was no time to act on my grandfather's sage advice and skedaddle.

As the champagne glasses clinked, I felt as if I had entered a time warp where, just like the reluctant Ebenezer Scrooge, I was being forced to examine the ghosts of relationships past. There she was, in front of me, set against a backdrop of other people's laughter.

Would I learn anything from this *Christmas Carol* vision?

Well, the relationship had been mainly made up of heady highs, late-night calls professing undying love and futile trying to make it work again moments after we argued.

But ultimately, if things aren't working out, as a good friend once told ne, turn down the volume and lookat the actions, they always speak louder than words.

She didn't like my dog and, in hindsight, I'm not sure how much she liked me -because we argued constantly. So, after a white-knuckle emotional roller-coaster ride of on and off dating for near two years, the plug was pulled and I told myself I was fine with that. Yet, yet, yet. There she was - and there is always the one that got away, isn't there?

I realised when I saw her again – despite having two amazing children with someone else – that the heart doesn't always stick to the rules of common sense when love (or was it lust?) comes in to play.

Oddly, we never spoke that night. I didn't meet her eye – she could have been wearing a pineapple on her head for all I know, I didn't even look at her social media afterwards.

But it did make me realise the following: I am getting older and I don't want to argue with anyone for the rest of my life.

It is also time to change the pictures on my dating profile. I am going to take down the years-old prolonged diet shots, taken in a flattering light, and embrace the ghost of the future with less flattering pics that portray how I really am, day to day.

Why? Well, as they say on *The Greatest Showman* – this is me!

It's time to overhaul my attitude. There is no going back. I am in a good place, one of the few advantages of getting old is you appreciate the little things. You stop and smell the roses, even take great delight in snow arriving. You don't stress the small stuff – I have my health, some hair (a good head of hair actually), friends and family that love me and two amazing children that light up my life.

In fact, I'm definitely winning, even if I am single! Mrs Darcy would simply be the icing on the cake. Yesterday, I tried to text a friend 'I am on my way' but accidentally I sent 'I am in my way'... what a Freudian festive sign for 2023.

I intend to act on this advice...

PICTURES: *GETTY*

1 to give away

Worth £400!

Win! A HISENSE 55" TV

See every detail in stunning 4K HDR with the Hisense A6BG – 4K Ultra HD offers 4x more pixels than full HD whilst HDR makes blacks darker, whites brighter and enhances contrast. DTS Virtual: X™ automatically separates out dialogue from background noise for a clearer, multi-dimensional audio experience. AI picture optimisation technology instantly captures every frame of the picture and any video input signal, then automatically identifies and optimises the image quality settings to make the viewing experience as vivid and engaging as possible. For the gamer, we have Auto Low Latency Mode (ALLM), which ensures smooth, lag-free and uninterrupted viewing and interaction. Hisense's new VIDAA U5 Smart TV OS lets you enjoy all your favourite entertainment from Netflix, Prime Video, Disney+ and Freeview Play, and control your TV using voice with Alexa and Google Assistant built-in.

We have one TV to give away. To enter, see right.

Dolby Vision
Hisense
UHD 4K
dts Virtual:X
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Hisense

HOW TO ENTER

ONLINE: Save money by entering online at hearstmagazines.co.uk/best5222a by 6 January 2023.

PHONE: Call 0901 027 2738 by midnight on 6 January 2023.

Calls cost 30p per minute, plus your telephone company's network access charge, and will last no longer than two minutes. Charges for mobiles may be higher. Phone line closes at midnight on 6 January 2023. If you call after this time, you will not be entered but you may be charged. Service provided by Spoke: 0333 202 3390.

T&Cs: Winner will be selected at random from entries received by phone/online. We will use the information you provide to process your entry. For our privacy notice, please see hearst.co.uk/privacy-notice. For full terms and conditions, see below.

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Best ON THE BOX!

Baby, it's cold outside – so warm up, in front of the fire, with some of the best shows this Xmas and New Year, thanks to our comprehensive guide to what's on telly...

PICTURES: GETTY

Turn over for more

This week's must-see TV

1 New Year's Eve

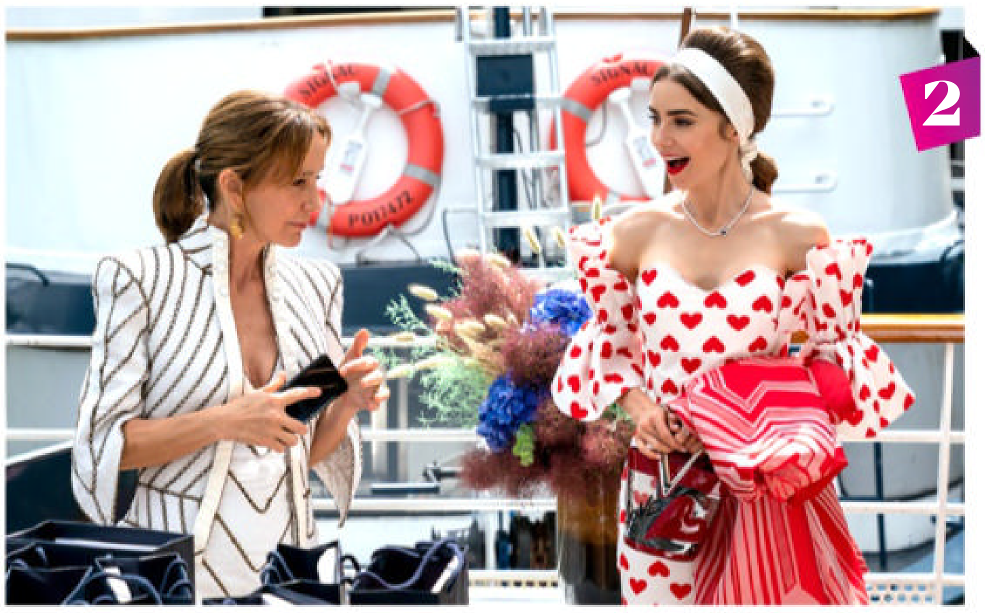
ON AMAZON PRIME VIDEO AND SKY

Get those party shoes on! It's the star-filled movie where people from different walks of life get their lives intertwined when they embark on a quest to find happiness on New Year's Eve. With Michelle Pfeiffer, Zac Efron, Robert De Niro, Sarah Jessica Parker and many more...

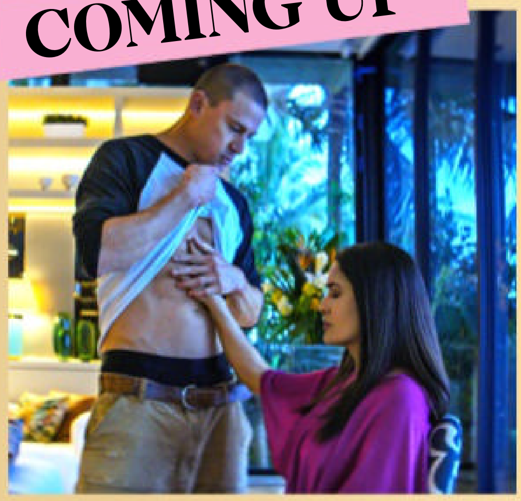
2 Emily in Paris: Season 3

NETFLIX, FRIDAY 23RD

Joyeux Noël, people! Lily Collins is officially back as Emily, where she's so conflicted about whether to join Sylvie at her new firm or stay with old boss Madeline that she somehow ends up working for both, which can never end well... She also still has feelings for Gabriel (duh), but for now has chosen Alfie. So what else is in store?



COMING UP



MAGIC MIKE'S LAST DANCE

Channing Tatum fans rejoice, as Mike Lane takes to the stage once again! When a business deal that went bust leaves Mike broke and bar-tending in Florida, hoping for one last hurrah, he heads to London with a wealthy socialite who has an offer he can't refuse – and an agenda of her own. Mike soon finds himself trying to whip a hot new roster of talented dancers into shape. **In cinemas 10 February 2023.**

CATCH UP

SOMETHING FROM TIFFANY'S

In this fabulously festive rom-com, produced by Reese Witherspoon, a woman gets up-ended when a Tiffany engagement ring that was intended for someone else leads her to the person she's meant to be with... awww! **On Amazon Prime Video.**

3 Made In Chelsea: Bali

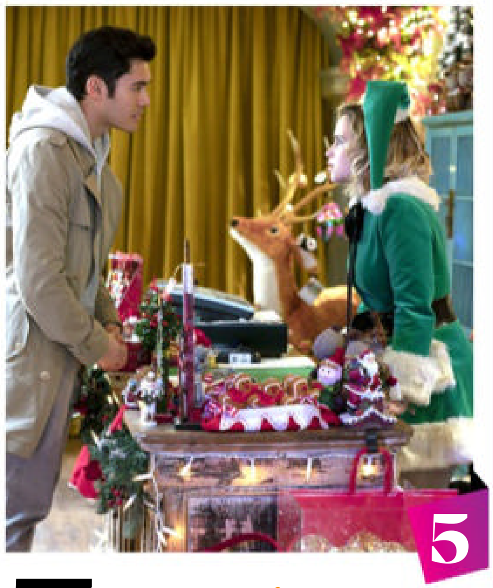
E4, TUESDAY 20 DECEMBER, 9PM NEW SERIES

The *Made in Chelsea* gang escape the British Winter and head to Bali. Tensions between Sam and Ruby reach boiling point, while Ollie and Gareth receive some long-awaited news. If you want some sunshine escapism – this one's for you!

4 The Nation's Favourite Christmas Carols

SKY SHOWCASE, FRIDAY 23 DECEMBER, 1.30PM

Chris Addison and Myleene Klass present sensational versions of classic seasonal songs, with singers accompanied by a full orchestra. It'll be magical!



5 Last Christmas

BBC ONE, FRIDAY 23 DECEMBER, 11.15PM

Katarina, an aspiring singer, works as an elf in Central London, but she gains a new perspective on life when she meets Tom. Starring Emma Thompson, Henry Golding and Emilia Clarke, with the music of George Michael.

THEY SAID WHAT?!

Sharing her holiday tradition must-haves, Dolly Parton has revealed that she's a big fan of ugly jumpers! The usually glam star said, 'I've got a whole bunch of Christmas sweaters I wear. A couple of them are as ugly as I could get 'em – on purpose!'

FOR NEW YEAR'S EVE!

LONDON FIREWORKS

Ring in 2023 with friends and family at the world-famous London New Year's Eve fireworks! Secure tickets in advance at visitlondon.com and watch the dazzling display near the London Eye.

CELEBRATIONS IN THE SOUTH

At The Tickled Trout in Kent and The Falcon in Stroud, Balfour is hosting a couple of blowout bonanzas for New Year's Eve. Not only can you expect lots of celebratory food and drinks, but also live entertainment to see you into 2023 in style. thetickledtrout.com

A BELFAST BLOWOUT!

You can always rely on Titanic Belfast for a New Year's Eve worth remembering. This fabulous venue is boasting an evening filled with live entertainment, a five-course feast and a glass of bubbles on arrival. If you're feeling romantic, there are also packages for overnight stays. Visit designmynight.com/belfast/whats-on/live-music/new-years-eve-at-the-titanic-hotel

Watch ONE thing!

Avatar: The Way of Water

BEHIND THE SCENES WITH *best*

'I beat Tom Cruise's record!'

Kate Winslet is the exciting latest addition to the *Avatar* family...

As we return to the world of Pandora in new sci-fi blockbuster *Avatar: The Way of Water*, created by *Titanic* director James Cameron and starring Sam Worthington, Zoë Saldaña and Sigourney Weaver – Jake Sully and Ney'tiri have formed a family and are doing everything to stay together.

However, they must leave their home and explore the regions of Pandora when an ancient threat resurfaces, and Jake must fight a difficult war against the humans...

This film also introduces Kate Winslet riding into battle as Na'vi leader, Rona. Here, the 47-year-old Brit tells us more...

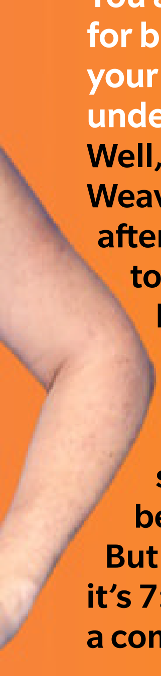
Kate, what was it like for you coming on set?
Well, with it being Jim (James Cameron), I expected the absolute best of everything. Jim has always written for women, characters who are not just strong, but leaders, they lead with their heart, with integrity, they stand in their truth. They have physical power that is admirable, and to be part of that was flattering.

How did you find working with the other cast members?
When I got there, I was welcomed into this world that was created by these guys and, you know, Zoe and Sam, what they did the first time around was to create that heartbeat... It's one thing for Jim to write it, it's quite another to find it, and give it a life and a pulse and real blood in those veins, which this cast did.

How would you describe *Avatar*?
It is a universe. It is a love, it is something that is palpable, and you feel it, you step

into that space, it's an empty space, but it is absolutely loaded with truths and dynamics.

You also carry the record for being able to hold your breath longest under water!



Well, Sig [Sigourney Weaver] was very close, after me. What I want to know is, people keep going on about smashing Tom Cruise's record, which they say is six minutes something... I couldn't believe mine was 7:15. But then, having been told it's 7:15... definitely wasn't a competition, no!

- *Avatar: The Way of Water* is in UK cinemas now...

FILMS ON FIVE

MRS MIRACLE

Tuesday (20 Dec), 1.30pm

The kindly Mrs Merkle takes a job at a department store, helping its downtrodden manager enjoy a happy Christmas for once, by making a success of the business and finding love.

A LITTLE CHRISTMAS CHARM

Wednesday (21 Dec), 1.25pm

A jewellery designer finds a charm bracelet and teams up with a reporter in New York City to locate its owner by Christmas Eve. But will the journey end up leading to love, too?

THE CHRISTMAS EXPRESS

Wednesday (21 Dec), 3.15pm

A jaded journalist must get from Washington DC to Los Angeles in time for Christmas, and decides to take the train – a four-day journey – with the hope of finding some inspiration...

STAYING IN

HOUSE PARTY!

PARTY IN A BOX

HAPPY NEW YEAR

This may be on the pricier end of the budget, but you'll have everything you need for a party in this box! Which means you can spend less time planning and more time enjoying it. Each box is bursting with all the essentials you'll need to make your party pop! **notonthehighstreet.co.uk, £93.50.**

HAPPY NEW YEAR

TOP HATS

Wear these shiny hats for New Year's Eve and get ready to celebrate as the clock strikes midnight! Each colourful hat has a ribbon band and sparkly glitter 'Happy New Year'. Create a photobooth for the night or place these foil glitter top hats on the table as novelties for guests. **partypacks.co.uk, £2.99.**

BUBBLY BALLOONS CHARMING PARTY DECORATIONS SET

A unique bubbly champagne bottle and balloon arch set to decorate your party with a bang... how can friends and family not be impressed with this one? **Amazon, £12.95.**

NYE PARTY PLAYLISTS

80'S
NEW YEARS EVE
PARTY
THROWBACK

80s NEW YEAR'S EVE PARTY, AMAZON MUSIC

Get nostalgic with this perfect party playlist over on Amazon Music this New Year's Eve!

Party Of The Year

PARTY OF THE YEAR, SPOTIFY

See out 2022 with these epic anthems from Whitney Houston to Daft Punk, Justin Timberlake, Diana Ross and more...

NEW YEARS EVE
COUNTDOWN

NEW YEAR'S EVE COUNTDOWN, SPOTIFY

A mix of songs for NYE before and after midnight with Michael Jackson, Maroon 5, MC Hammer and other fabulous artists...

WORDS: DANIELLE SOUTHWOOD PICTURES: AMAZON PRIME VIDEO, BSKYB.COM, DISNEY+, GETTY, HALLMARK, NETFLIX, WARNER BROS

CHRISTMAS EVE HIGHLIGHTS

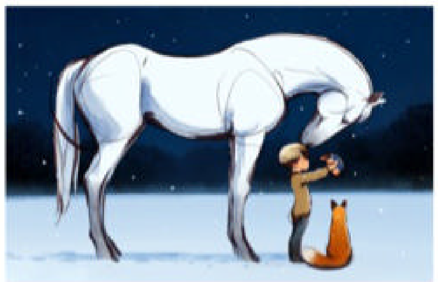
Xmas & New Year TV

Filling in the blanks

BLANKETY BLANK CHRISTMAS SPECIAL

BBC1, 8PM

Bradley Walsh is back to bring us a festive special of the legendary double entendre-packed game show, and there are some 'amazing prizes' (not our words), up for grabs. Given that, so far, winnings across the series have included a see-through toaster, a waterproof jacket and a garden table (plus chairs), we'd be aiming for a mid-range answer for the cash offering if we were playing. Anyway, tonight's celebrity sextet is made up of presenter Alison Hammond, telly legend Jonathan Ross, comedians Alex Horne and Guz Khan, plus actors Joanna Page and Dame Joanna Lumley – all of whom will be aiming to match the missing words of the blanking contestants.



THE BOY, THE MOLE, THE FOX AND THE HORSE

BBC1, 4.55PM

This magical adaptation of Charlie Mackesy's bestselling novel sees the likes of Idris Elba, Tom Hollander and Gabriel Byrne lending their voices to this animated short, which follows the unlikely friendship of a boy, a mole, a fox and a horse as they journey together in the boy's search for home. Mackesy says: 'I hope this story helps bring comfort, love and laughter.'

CHRISTMAS CAROLE

SKY SHOWCASE, 8PM

In this twist on the classic Scrooge tale, entrepreneur Carole Mackay (Suranne Jones) is a mean soul. On Christmas Eve, she's visited by a few familiar, comedic spirits to remind her of the true meaning of Xmas...

'Carole has made her wealth selling single-use decorations – there's always so much waste at Christmas, so it carries an important message about sustainability,' shares Suranne. 'The story has a core message of family, like the original, but the themes are contemporary.'

'I never thought I'd see Lisa Riley rapping'

BRITAIN GET SINGING

ITV1, 8.05PM

Stars from some of ITV's biggest shows will be singing their hearts out in support of the channel's mental health campaign, Britain Get Talking. And as host Roman Kemp explains, it's a show he's proud to be part of...

Why did you want to be part of this show, Roman?
I'm someone who is very up on mental health, and while this is being done in a fun way, we're aiming to shine more light on people speaking to one another.

You had soap stars, *Loose Women* panellists and *Love Island* contestants taking part – how did they all do?
I was so surprised by the commitment. It's a way of seeing people from these shows in a way you never knew was there!

One of the judges is will.i.am – did that lead to some contestants raising the bar?
A lot of people respect Will, so they up their game. I never thought I'd see Lisa Riley rapping at will.i.am!

WORDS: DANIELLE SOUTHWOOD, SHELLEY SPADONI, ALLISON JONES, LYNN GIBSON PICTURES: GETTY, INSTAGRAM

CHRISTMAS EVE TV

BBC1

9.40pm **That's My Jam**

6.00 AM **Breakfast**
9.55 **Saturday Kitchen: Countdown To Christmas**
11.25 **Mary Berry's Ultimate Christmas** (R)
12.25 PM **BBC News/ Weather**
12.40 **The Farmer's Llamas** (R)
1.05 **Shaun The Sheep: The Flight Before Christmas (R)**
1.40 **FILM The Secret Life Of Pets 2**
3.00 **FILM Pokemon Detective Pikachu**
4.35 **BBC News**
4.45 **Regional News**
4.55 **The Boy, The Mole, The Fox And The Horse**
5.25 **FILM The Nutcracker And The Four Realms** *PREMIERE*
7.00 **His Dark Materials**
8.00 **Blankety Blank Christmas Special** Festive quiz fun hosted by Bradley Walsh.
8.35 **I Can See Your Voice**
9.40 **That's My Jam** Celebrities face musical challenges.
10.40 **Not Going Out** (R)
11.20 **BBC News/ Weather**
11.45 **Midnight Mass From Blackburn Cathedral**
1.00 AM **FILM La La Land**
3.05-6.00 **BBC News**

BBC2

11.40pm **Absolutely Fabulous**

6.05 AM **Heaven Made At Christmas** (R)
7.05 **Gardeners' World Winter Specials** (R)
8.05 **Countryfile** (R)
8.55 **Inside The Christmas Factory** (R)
9.55 **FILM King Of Kings**
12.25 PM **Homes Under The Hammer** (R)
12.55 **Bargain Hunt** (R)
1.40 **FILM North By Northwest**
3.55 **Charlie Mackesy: The Boy, The Mole, The Fox, The Horse And Me**
4.55 **FILM Chariots Of Fire**
6.55 **Carols From King's**
8.10 **Dad's Army** (R)
8.40 **Mortimer & Whitehouse: Gone Christmas Fishing 2022**
9.40 **The Fast Show: Christmas Special** (R)
10.25 **Christmas Night With The Two Ronnies 1987** (R)
10.40 **Top Of The Pops: Review Of The Year 2022**
11.40 **Absolutely Fabulous** (R) 12.15 AM **Joanna & Jennifer: Absolutely Champers** (R)
1.15 **Top Of The Pops** (R)
2.15 **FILM Lost At Christmas**
3.50 **Sign Zone: My Life At Christmas With Sally Phillips** (R)
4.50 **Sign Zone: The Best Christmas Food Ever** (R)
5.35-6.20 **This Is BBC Two**

ITV1

6pm **Celebrity Catchphrase**

6.00 AM **CITV**
8.00 **FILM Trolls Holiday**
8.30 **CITV**
9.25 **James Martin's Saturday Morning At Christmas**
11.35 **John And Lisa's Christmas Kitchen**
12.35 PM **ITV News/ Weather**
12.45 **FILM Arthur Christmas**
2.35 **FILM Santa Claus: The Movie**
4.45 **ITV News/Weather**
5.00 **Regional News**
5.15 **In For A Christmas Penny**
6.00 **Celebrity Catchphrase Christmas Special**
7.00 **Royal Carols: Together At Christmas**
8.05 **Britain Get Singing**
9.20 **It'll Be Alright On The Night**
10.20 **ITV News/Weather**
10.40 **Christmas Comedy Club With Lost Voice Guy**
11.40 **Christmas Carols On ITV**
12.45 AM **FILM The Holiday**
3.00 **Gino's Italian Family Adventure: A Festive Feast** (R)
3.25 **John And Lisa's Christmas Kitchen** (R)
4.20 **Unwind With ITV** (R)
4.55 **Buck And Buddy** (R)
5.00 **Hotel Transylvania** (R)
5.15-5.25am **Hotel Transylvania (R)**

Channel 4

Instagram/gabyroslin

8.25pm **The Great Christmas Bake Off**

6.05 AM **FILM Rugrats Go Wild**
7.25 **The Snowman** (R)
7.50 **The Snowman And The Snowdog** (R)
8.25 **Father Christmas** (R)
9.00 **Terry Pratchett's The Abominable Snow Baby** (R)
9.25 **The Tiger Who Came To Tea** (R)
10.00 **Shrek The Halls** (R)
10.30 **The Simpsons** (R)
11.00 **The Simpsons** (R)
11.30 **FILM How To Train Your Dragon**
1.25 PM **FILM It's A Wonderful Life**
4.00 **The Snowman** (R)
4.35 **The Snowman And The Snowdog** (R)
5.05 **Channel 4 News**
5.25 **FILM Home Alone**
7.25 **Celebrity Lego Masters At Christmas**
8.25 **The Great Christmas Bake Off 2022** Gaby Roslin competes.
9.40 **Celebrity I Literally Just Told You With Jimmy Carr**
10.40 **FILM Four Weddings And A Funeral**
12.55 AM **First Dates At Christmas** (R)
1.50 **The Last Leg Christmas Bash** (R)
2.45 **Celebrity Couples Come Dine With Me** (R)
3.45 **Kirstie's Handmade Christmas** (R)
4.40 **Food Unwrapped** (R)
5.05-6.00 **The Snowman: The Film That Changed Christmas** (R)

Channel 5

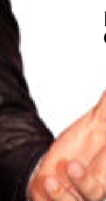
8.35pm **Comedy Classic: The Vicar of Dibley**

6.00 AM **Milkshake!** Children's favourites
10.00 **SpongeBob SquarePants** (R)
10.10 **SpongeBob SquarePants** (R)
10.25 **Entertainment News On 5**
10.30 **NFL End Zone**
11.00 **Friends** (R)
11.30 **FILM Scrooge – A Christmas Carol**
1.25 **FILM Planes, Trains And Automobiles**
3.15 **FILM Pearl Harbor**
6.35 **Harrods At Christmas** A peek behind the scenes at the world-famous store (R)
7.35 **World's Most Expensive Christmas Cruise**
8.35 **Comedy Classic: The Vicar Of Dibley** Documentary special
10.05 **Britain's Favourite TV Comedy** (R)
11.55 **World's Funniest TV Ads With Jason Manford** (R)
12.55 **AM Entertainment News On 5**
1.00 **The LeoVegas Live Casino Show**
3.00 **Entertainment News On 5**
3.10 **Secret Scotland With Susan Calman** (R)
4.00 **Secret Scotland With Susan Calman** (R)
4.50-6.00 **Britain's Favourite Christmas Carol** (R)

SATELLITE, CABLE AND DIGITAL HIGHLIGHTS

BBC3

7.00 PM **EastEnders** Janine issues a stark warning. 7.30 **EastEnders** Kat grapples with complicated feelings. 8.00 **EastEnders** Sharon and Kat join forces. 8.30 **EastEnders** Janine and Mick prepare to wed. 9.00 **FILM Last Christmas** 10.35 **Bad Education Christmas Special** 11.05 **PRU** 11.30 **PRU** 11.55 **PRU** 12.45am **Bad Education Christmas Special** 1.15 **Bad Education: Reunion Special** 2.00 **Freeze: Back on Thin Ice** 2.45 **Eating with My Ex** 3.15 **Lazy Susan** 3.30-4.00 **Bad Education Christmas Special**



ITV2

10.05 AM **FILM A Cinderella Story: Christmas Wish** 11.55 **FILM Nativity Rocks!** 2.05 PM **FILM Donkey's Carolling Christmas-Tacular** 2.15 **FILM The Madagascar Penguins In A Christmas Caper** 2.30 **FILM Penguins Of Madagascar** 4.15 **Catchphrase** 5.15 **FILM Ice Age** 7.00 **FILM How The Grinch Stole Christmas** 9.00 **Gordon, Gino & Fred** 10.15 **Family Guy** 11.40 **American Dad! Christmas Shopping With Keith Lemon** 1.40 **The Stand Up Sketch Show** 2.05 **The Stand Up Sketch Show** 3.05 **All Star Dance Off** 3.30 **Take Me Out** 4.40-5.05 **Totally Bonkers Guinness Records**

E4

6.00 AM **Made In Chelsea** 6.55 **Ramsay's Kitchen Nightmares USA** 8.55 **Modern Family** 11.25 **Modern Family** 11.55 **Modern Family** 12.25 **PM Modern Family** 12.55 **The Big Bang Theory** 10 episodes of the comedy classic back-to-back. 5.50 **The Great Christmas Bake Off** 7.10 **FILM Deck The Halls** 9.00 **Gogglebox Festive Special** 10.35 **Gogglebox** 11.40 **The Inbetweeners** All six episodes of the first series back-to-back. **2.45 Gogglebox Festive Special 4.05 Ramsay's Kitchen Nightmares USA 4.55-6.00 Ramsay's Kitchen Nightmares USA**

Sky Showcase

6.00 AM **FILM Extinct** 8.00 **FILM How To Train Your Dragon: Homecoming** 8.30 **Red Riding Hood: After Ever After** 9.30 **The Unofficial Science Of Home Alone** 11.00 **The Simpsons** 11.30 **Roald & Beatrix** 1.00 **PM Harry Potter: A Who's Who** 2.00 **Harry Potter 20th Anniversary** 4.00 **FILM A Boy Called Christmas** 6.00 **FILM Elf** 8.00 **Christmas Carole** 9.30 **FILM Top Gun** 11.30 **FILM National Lampoon's Christmas Vacation** 1.15 AM **Never Mind The Buzzcocks** 2.15 **Rob And Romesh** 3.15 **The Russell Howard Hour** 4.15-6.00 **Sport's Funniest Moments**

Sky Witness

6.00 AM **911 Crisis Centre** 7.00 **Border Security USA** 8.00 **Border Security**9.00 **Border Patrol** 11.00 **Caught On Dashcam** 1.00 **Caught On Dashcam** 3.00 **Nothing To Declare** 6.00 **Nothing To Declare** 6.30 **Nothing To Declare** 7.00 **Border Security** 7.30 **Border Security** 8.00 **Caught On Dashcam** 9.00 **Caught On Dashcam** 10.00 **New Amsterdam** 11.00 **New Amsterdam** 12.00 AM **Bull** 1.00 **The Good Doctor** 2.00 **Coroner** 3.00 **Street Crime UK** 3.30 **Christmas Crime UK** 4.00 **Street Crime UK** 4.30 **Street Crime UK** 5.00-6.00 **Nothing To Declare**

CHRISTMAS DAY HIGHLIGHTS

Farewell, Doc!

DOC MARTIN CHRISTMAS SPECIAL

ITV1, 9.05PM

This seasonal special brings the adventures of the much-loved Doc to an end after 18 years. Just for a change, there's some faint festive cheer forthcoming from the miserable medic, played by Martin Clunes, when he closes down the local Santa's Grotto, fearing the bearded star attraction (guest star Ron Cook) is contagious.

With Martin and Louisa's young son, James, left devastated by the Grinchy move, Louisa organises the consolation treat of a village lantern parade. It's a warm and cosy scene – but one that was very nearly scuppered by bad weather after a storm blew in while the episode was being filmed in February. Portwenn's Christmas tree even had to be taken down in case it blew away!

GHOSTS

BBC 1, 7.25PM

The BBC comedy's Xmas special promises drama a-plenty in a festive trip down memory lane. Starring Charlotte Ritchie as Alison, who sees ghosts, much to the bemusement of her other half Mike (Kiell Smith-Bynoe), the ensuing drama prompts one pesky ghost, Pat (Jim Howick) to question his very identity. Meanwhile, the Ghosts come up with a surprise present for Alison after her family lunch does not go to plan...

THE KING

BBC1 & ITV1, 3PM

In an historic TV moment, the traditional three o'clock slot on our Christmas Day telly schedules will see King Charles III become the first male monarch to give a televised festive broadcast. Started by Queen Elizabeth II in 1957, broadcasting the Christmas speech over the airwaves was a custom she maintained throughout her lifetime – and it's expected that Charles will be paying tribute to his late mother, who passed away in September, during his inaugural speech.

'I'll be on the nice list for one day'

STRICTLY COME DANCING CHRISTMAS SPECIAL

BBC1, 5.10PM

Get one final dollop of sparkling, festive *Strictly* magic with the hit dance show's annual festive special, with a new line-up of celebs – including former *EastEnder* Larry Lamb and Girls Aloud star Nicola Roberts – taking to the dance floor in the hopes of a 10 from caustic judge and *best* columnist, Craig Revel-Horwood...

What's been your most memorable *Strictly* Christmas moment, Craig?
Coming down the chimney as the Grinch!

What are you hoping to see from this year's celebrities?
I'm hoping to see talent and some absolutely fantastic dancing.

How do you like to spend Christmas?
Quietly, I get one day off in three months and that's Christmas Day and I'm super excited about having my turkey with all the trimmings.

Do you think you're on the naughty or nice list this year?
I've got to be on the nice list because I've been naughty all year, I have to have one day to be nice.

WORDS: DANIELLE SOUTHWOOD, SHELLEY SPADONI, ALLISON JONES, LYNN GIBSON PICTURES: GETTY

CHRISTMAS DAY TV

BBC1

6.25pm **Michael McIntyre's Christmas Wheel**

6.00 AM **Breakfast** 9.00 **The Boy, The Mole, The Fox And The Horse** (R) 9.30 **Superworm** (R) 10.00 **Christmas Day Eucharist From Blackburn Cathedral** 11.00 **Songs Of Praise from Cardiff** 11.35 **FILM** **Abominable** 1.00 PM **FILM** **A Shaun The Sheep Movie: Farmageddon** 2.20 **BBC News/ Weather** 2.30 **The Smeds And The Smoos** 3.00 **The King** 3.10 **FILM** **Aladdin** *PREMIERE* 5.10 **Strictly Come Dancing Christmas Special** 6.25 **Michael McIntyre's Christmas Wheel** 7.25 **Ghosts Christmas Special** 7.55 **Call The Midwife** 9.25 **EastEnders** Secrets and lies are finally exposed, all hell breaks loose in the Vic, and Lola is stunned by Jay's gesture. 10.25 **Mrs Brown's Boys Christmas Special** 10.55 **BBC News** 11.15 **On Christmas Night** 11.20 **The Vicar Of Dibley** (R) 12.05 AM **FILM** **When Harry Met Sally** 1.40-6.00 **BBC News**

BBC2

8.25pm **Tina Turner At The BBC**

6.20 AM **Heaven Made At Christmas** (R) 7.15 **Carols From King's** (R) 8.30 **Saturday Kitchen Christmas Best Bites** 10.00 **Wallace & Gromit: A Close Shave** (R) 10.35 **Wallace & Gromit: The Wrong Trousers** (R) 11.05 **Wallace & Gromit: A Matter Of Loaf And Death** (R) 11.35 **FILM** **White Christmas** 1.30 PM **Matthew Bourne's Nutcracker!** 3.00 **Sign Zone: The King** 3.10 **FILM** **Gentlemen Prefer Blondes** 4.40 **FILM** **Some Like It Hot** 6.35 **Dad's Army** (R) 7.15 **The Morecambe And Wise Christmas Show 1972** 8.25 **Tina Turner At The BBC** (R) 9.25 **When Tina Turner Came To Britain** 10.25 **Tina Live!** (R) 12.40 AM **FILM** **What's Love Got To Do With It** 2.30 **Sign Zone: Stacey Solomon's Crafty Christmas** (R) 3.30 **Sign Zone: The Great British Sewing Bee Celebrity Christmas Special** 4.30 **Sign Zone: Chris & Michaela: Under The Christmas Sky** (R) 5.30-6.15 **This Is BBC Two**

ITV1

5pm **The Chase Celebrity Special**

6.35 **FILM** **The Madagascar Penguins In A Christmas Caper** 6.50 **FILM** **Donkey's Carolling Christmas-Tacular** 7.00 **Good Morning Britain** 9.00 **Lorraine** 10.00 **This Morning** 12.00 PM **James Martin's Christmas Day** 2.00 **Ainsley's Festive Flavours** 3.00 **The King** 3.10 **Alan Carr's Epic Gameshow Christmas Special** Child's Play 4.10 **Ant & Dec's Saturday Night Takeaway Presents: Polter Guys** 4.45 **ITV News/Weather** 5.00 **The Chase Celebrity Christmas Special** 6.00 **Emmerdale** Cain has a surprise visitor as he spends Christmas behind bars. 7.00 **Coronation Street** Will Fiz miss her own wedding? 8.00 **Ant & Dec's Christmas Limitless Win** 9.05 **Doc Martin Christmas Special** 10.35 **ITV News/Weather** 10.45 **FILM** **Love Actually** 1.10 AM **The Royal Variety Performance 2022** (R) 3.20 **Motorsport UK** (R) 4.10 **Unwind With ITV** 5.05-6.00 **Coronation Street At Christmas** (R)

Channel 4

7.50pm **The Great Pottery Throw Down**

6.00 AM **The Simpsons** (R) 6.25 **The Simpsons** (R) 6.50 **The Simpsons** (R) 7.15 **The Simpsons** (R) 7.40 **FILM** **Rise Of The Guardians** 9.35 **FILM** **Kung Fu Panda 2** 11.25 **The Snowman** (R) 11.55 **The Snowman And The Snowdog** (R) 12.30 PM **The Great Christmas Bake Off 2022** (R) 1.50 **FILM** **The Great Escape** 5.15 **Channel 4 News/ Weather** 5.25 **The Alternative Christmas Message** 5.30 **FILM** **Home Alone 2: Lost In New York** 7.50 **The Great Festive Pottery Throw Down** Our ***best*** columnist, Jenny Eclair, competes against James Fleet, Sunetra Sarker and Jamie Laing 9.05 **Gogglebox 2022** 10.55 **FILM** **Catch Me If You Can** 1.30 AM **FILM** **East Is East** 3.10 **The Alternative Christmas Message** (R) 3.15 **Food Unwrapped Gets Chocolatey** (R) 3.40 **Come Dine With Me Christmas** (R) 5.00 **Come Dine With Me Christmas** (R) 5.30 **Come Dine With Me Christmas** (R) 5.55-6.20 **The Simpsons** (R)

Channel 5

5.10pm **Jane McDonald's Highland Christmas**

6.00 AM **Milkshake!** *including* **6.00 Ben & Holly's Little Kingdom** 6.10am **Ben & Holly's Little Kingdom** 6.20 **Peppa Pig** 6.25 **Peppa Pig** 6.35 **Peppa Pig** 6.45 **Peppa Pig** 6.55 **Fireman Sam** 7.05 **Thomas and Friends** 7.20 **Peppa Pig** 7.35 **Pip & Posy** 7.40 **Pip & Posy** 7.45 **Pop Paper City** 7.55 **Cooking with the Gills** 8.05 **The Adventures of Paddington** 8.35 **Britain's Favourite 90s Toys** (R) 9.20 **Greatest Family Christmas Hits** (R) 10.15 **Britain's Favourite Christmas Songs** (R) 1.10 PM **Britain's Favourite 80s Songs** (R) 3.10 **The Canterville Ghost** 5.10 **Jane McDonald's Highland Christmas** (R) 6.25 **Britain's Favourite 90s Songs** 9.25 **The Best Christmas Day Telly Ever!** (R) 11.20 **Britain's Favourite Party Hits** 1.15 AM **The LeoVegas Live Casino Show** 3.15 **Christmas With Mariah Carey** (R) 4.00 **Before They Were Stars** (R) 4.45 **Before They Were Stars** (R) 5.35-6.00 **House Doctor** (R)

SATELLITE, CABLE AND DIGITAL HIGHLIGHTS

BBC3

7.00 PM **Celebrity MasterChef Christmas Cook-Off** Happy Mondays' Bez, athlete Iwan Thomas, pop star Josh Cuthbert and opera superstar Lesley Garrett compete. 8.00 **Gavin & Stacey** 9.00 **Canada's Drag Race: Canada Vs The World** 10.00 **Cuckoo Christmas Special** 10.35 **Wreck** 11.20 **Wreck.** 12.05 AM **Gavin & Stacey** 1.05 **Cuckoo Christmas Special** 1.40 **Freeze: Back On Thin Ice** 2.25 **Gavin & Stacey** 3.25-3.55 **Cuckoo Christmas Special**

ITV2

8.00 AM **FILM** **Beethoven's Christmas Adventure** 9.50 **Merry Madagascar** 10.25 **FILM** **Trolls Holiday** 10.50 **FILM** **It's A Very Merry Muppet Christmas Movie** 12.35 PM **Kung Fu Panda Holiday** 1.10 **FILM** **Peter Pan** 3.25 **FILM** **E.T.** 5.45 **FILM** **Back To The Future** 8.00 **FILM** **Mamma Mia! Here We Go Again** 10.25 **Gordon, Gino And Fred** 11.25 **Family Guy** 12.45 **American Dad!** 1.40 **Celebrity Juice** 2.30 **The Stand Up Sketch Show** 3.25 **Shopping With Keith Lemon** 3.50 **Take Me Out** 4.55 **Secret Crush** 5.45-6.00 **Unwind With ITV**

E4

6.00 AM **Extreme Cake Makers** 6.15 **The Big Bang Theory** 8.25 **Celebrity Christmas Come Dine With Me** 11.00 **Married At First Sight UK** 12.30 PM **FILM** **Kindergarten Cop** 2.40 **Shrek The Halls** 3.15 **Father Christmas** 3.55 **The Tiger Who Came To Tea** 4.25 **We're Going On A Bear Hunt** 5.00 **The Abominable Snow Baby** 5.35 **Quentin Blake's Clown** 6.00 **The Snowman** 6.40 **The Snowman And The Snowdog** 7.15 **FILM** **Johnny English Strikes Again** 9.00 **FILM** **The Inbetweeners Movie** 10.55 **The Inbetweeners** 2.25 **Gogglebox** 3.20-6.00 **Hollyoaks**

Sky Showcase

6.00 AM **David Attenborough's Global Adventure** 8.00 **Football's Funniest Moments** 10.00 **It's Christmas Live From The Royal Albert Hall** 11.45 **André Rieu** 2.00 PM **Predators** 3.00 **The King** 3.15 **The Simpsons** 4.05 **Red Riding Hood: After Ever After** 5.00 **FILM** **A Boy Called Christmas** 7.00 **Christmas Carole** 8.25 **Rob And Romesh** 9.25 **FILM** **Ghost** 11.40 **Never Mind The Buzzcocks** 12.40 AM **A League Of Their Own** 1.40 **Ricky Gervais Live: Animals** 3.10 **Rosie Molloy Gives Up Everything** 4.05-6.00 **Futurama**

Sky Witness

6.00 AM **Nothing To Declare** 7.00 **Border Security USA** 8.00 **Border Security: America's Front Line** 9.00 **999 Frontline** 11.00 **Stop, Search, Seize** 1.00 **Nothing To Declare** Back-to-back episodes 5.00 **Caught On Dashcam** Back-to-back episodes 10.00 **The Good Doctor** 11.00 **Coroner** 12.00 AM **New Amsterdam** 1.00 **New Amsterdam** 2.00 **Bull** 3.00 **Law & Order: Special Victims Unit** 4.00 **Nothing To Declare** 4.30 **Nothing To Declare** 5.00 **Nothing To Declare** 5.30-6.00 **Nothing To Declare**

BOXING DAY HIGHLIGHTS

Snow worries

THE GREATEST SNOWMAN 2022

CHANNEL 4, 7.30PM

Sue Perkins is fronting another special from the snow-building competition, which proved a smash hit last year. Celebs will travel to a snowy mountaintop to build a series of whacky snow creations, to be judged by Swedish sculpting sisters Sara and Emilie Steele, as well as British artist Taslim Martin. With a line-up including reality star Gemma Collins, aka 'The GC' – this is already guaranteed TV gold.

THE VOICE KIDS

ITV1, 8.30PM

Pixie Lott, Danny Jones, will.i.am and Ronan Keating (replacing Mel C while she's on tour) install themselves into the spinning red chairs, charged with tracking down the UK's youngest singing talent as this latest contest gets underway...

'I love working with the younger kids – I get excited because they're so eager and earnest,' exclaims will.i.am, also a judge for the grown-ups' version of the talent show. 'What they want to do is sing because it's pure fun. They're fearless little sponges eager to learn, and are wide open to coaching and suggestions.

'Every season has bested the previous year,' he continues. 'Pixie and Danny have it down on the judging, and for Ronan – welcome to the Red Chairs! My one piece of advice is to listen: you only have a few minutes to make your decision to hit that button and turn for a very talented young singer...'

'The Watcher is super juicy!'

THE WATCHER

ON NETFLIX NOW

Naomi Watts stars in a horror, which follows the true story of a couple who, after moving into their dream home, are harassed by letters signed by a stalker, named The Watcher. Here, Naomi talked about spooky experiences and more...

Why did you want to be a part of *The Watcher*?

The story was super juicy. I knew this would be fantastic storytelling to live in the shoes of these people, The Brannocks, suddenly in this scary situation.

How much did being a mother affect your approach to playing your character, Nora?

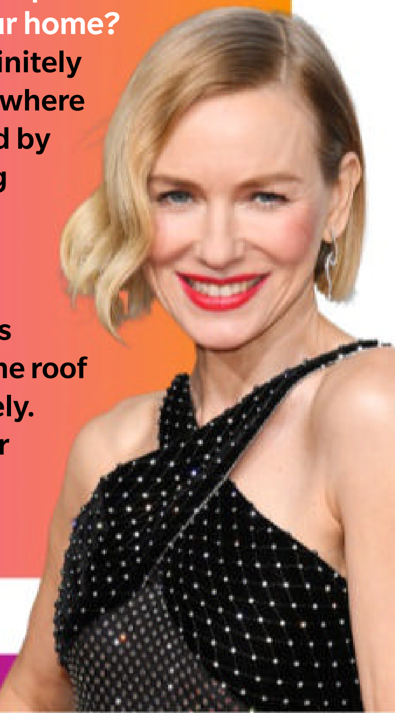
You always want to protect your family, your kids and their safety and their mental wellbeing is of the highest level of importance.

Have you ever gone house-hunting and had an eerie vibe?

Oh, definitely. I've driven up to a place, felt wrong about it, and not even bothered going in.

Have you ever experienced anything in your home?

No, but I've definitely been in houses where I've been scared by noises, thinking someone's trying to break in. I remember having possums scratching on the roof once, obsessively. If you're on your own, that's not a good sound!



WORDS: DANIELLE SOUTHWOOD, SHELLEY SPADONI, ALLISON JONES, LYNN GIBSON, HOT FEATURES PICTURES: GETTY

BBC1

8pm **The Repair Shop Christmas Special**

6.00 AM **Breakfast**
9.00 **The Smeds And The Smoos** (R)
9.30 The Snail And The Whale (R)
9.55 The Gruffalo's Child (R)
10.25 **FILM Big Hero 6**
12.00 PM **BBC News/ Weather**
12.15 **Regional News**
12.25 **FILM Frozen**
2.00 **The Gruffalo** (R)
2.25 **FILM Mary Poppins**
4.40 **FILM Ghostbusters**
6.20 **BBC News/Weather**
6.35 **Regional News**
6.45 **The Weakest Link**
7.30 **EastEnders** The residents of Walford try to process the events of Christmas Day, and Ricky is faced with a difficult decision.
8.00 **The Repair Shop Christmas Special** Jay Blades and the rest of the team work some Christmas magic on a selection of festive items.
9.00 **Death In Paradise Christmas Special** Starring Ralf Little.
10.30 **BBC News/ Weather**
10.50 **Match Of The Day**
12.15 AM **FILM Mrs Brown's Boys D'Movie**
1.45 **Have I Got 2021 News For You** (R)
2.20-6.00 **BBC News**

BBC2

7.30pm **Richard Osman's Festive House Of Games**

6.15 AM **FILM Sign Zone: Aladdin**
8.15 **Charles Dickens And The Invention Of Christmas** (R)
9.15 **FILM Great Expectations**
11.10 **Bargain Hunt**
11.55 **Great British Railway Journeys** (R)
12.25 PM **FILM Escape To Athena**
2.20 **FILM The Heroes Of Telemark**
4.30 **Final Score**
5.30 **FILM The Magnificent Seven**
7.30 **Richard Osman's Festive House Of Games** With Brian Conley, Scarlett Moffatt, Anneka Rice and Phil Wang.
8.00 **Only Connect Specials: Mystery**
8.30 **Christmas University Challenge**
9.00 **Detectorists Special** *Starring Mackenzie Crook and Toby Jones.*
10.15 **FILM Goodfellas**
12.35 AM **The Love Box In Your Living Room** (R)
1.35 **Sign Zone: The Best Christmas Food Ever** (R)
2.20 **Sign Zone: Countryfile** (R)
3.15 **Sign Zone: Strictly Come Dancing Christmas Special** (R)
4.30 **Sign Zone: Iolo's Anglesey** (R)
5.00-6.10 This Is BBC Two

ITV1

10.15pm **Des O'Connor: The Ultimate Entertainer**

6.00 AM **CITV**
9.25 **Love Your Weekend With Alan Titchmarsh At Christmas**
11.20 **Ainsley's Festive Flavours** (R)
12.20 PM **ITV News/ Weather**
12.30 **ITV Racing: Live From Kempton**
3.00 **In For A Penny Unseen Bits**
3.30 **FILM The Mitchells Vs The Machines**
5.45 **ITV News/Weather**
6.00 **The Chase Celebrity Christmas Special** Vicki Michelle, Radzi Chinyanganya, Kadeena Cox and Bradley Wiggins try their luck against the Chasers.
7.00 **Emmerdale** We travel back in time to 1991 and see the story of Cain and Caleb.
7.30 **Coronation Street** Gail decides to confront Stephen after speaking to Gabrielle, while David spots Griff being pally with Max at the market.
8.30 **The Voice Kids**
10.00 **ITV News/ Weather**
10.15 **Des O'Connor: The Ultimate Entertainer** (R)
11.10 **English Football League Highlights**
1.00 AM **Shop: Ideal World**
3.00 **Cooking With The Stars** (R)
3.50 **Unwind With ITV**
5.05-6.00 **The Cube** (R)

Channel 4

9pm **The Big Fat Quiz Of The Year 2022**

6.20 AM **The Simpsons** (R)
6.45 **The Simpsons** (R)
7.10 **The Simpsons** (R)
7.35 **FILM Hotel For Dogs**
9.30 **Christmas Brunch**
12.30 PM **The Simpsons** (R)
12.55 **The Simpsons** (R)
1.25 **The Simpsons** (R)
1.55 **The Simpsons** (R)
2.20 **A Place In The Sun**
3.25 **Five Star Christmas: Inside Corinthia** (R)
4.25 **The Great Festive Pottery Throw Down** (R)
5.40 **Channel 4 News/ Weather**
5.55 **FILM Peter Rabbit**
7.30 **The Greatest Snowman 2022** Sue Perkins hosts another snow-building bonanza.
9.00 **The Big Fat Quiz Of The Year 2022** Jimmy Carr quizzes Stephen Merchant, Katherine Ryan, Richard Ayoade, Maisie Adam, Jonathan Ross and Rose Matafeo on the crazy events of 2022.
11.00 **Gogglebox 2022** (R)
12.55 AM **FILM Anchorman 2: The Legend Continues**
2.55 **Hollyoaks Omnibus**
5.00 **Sunday Brunch Best Bits** (R)
5.15-6.10 **Grand Designs** (R)

Channel 5

5pm **Calendar Girls**

6.00 AM **Milkshake!** *including* 6.00 **Peppa Pig** 6.05am **Peppa Pig** 6.10am **Peppa Pig** 6.15am **The Secret Life of Puppies** 6.20am **Oggy Oggy** 6.30am **Blue's Clues & You** 6.55am **Fireman Sam** 7.05am **Fireman Sam** 7.15am **Peppa Pig** 7.20am **Peppa Pig** 7.25am **Paw Patrol** 7.45am **Thomas & Friends: All Engines Go!** 8.55am **Peppa Pig** 9.00am **Peppa Pig 9.10 Roarsome Dinasours**
9.25 **Entertainment News On 5**
9.35 **FILM Breakfast At Tiffany's**
11.50 **FILM My Fair Lady**
3.00 **The Canterville Ghost**
5.00 **FILM Calendar Girls**
7.00 **World's Strongest Man 2022**
8.00 **Les Dawson: 30 Funniest Moments** (R)
10.00 **Britain's Favourite Rock Songs**
12.00 AM **The Rolling Stones In Hyde Park** (R)
1.00 **Live NFL: Monday Night Football** Indianapolis Colts v Los Angeles Chargers
4.30 **Entertainment News On 5**
4.45 **Divine Designs** (R)
5.10 **House Doctor** (R)
5.35-6.00 **House Doctor** (R)

SATELLITE, CABLE AND DIGITAL HIGHLIGHTS

BBC3

7.00 PM **Press X To Continue** 7.10 **Wallace & Gromit: The Wrong Trousers** 7.40 **The Secret Life Of Pets 2** 9.00 **The Traitors** Will the Traitors or the Faithful triumph? Another chance to see the last three episodes of Claudia Winkleman's backstabbing game show? 10.00 **The Traitors** 11.00 **The Traitors** 12.05 AM **Bad Education Reunion** Alfie and Class K are reunited for a careers presentation – with chaotic results. 12.50 **Planet Sex With Cara Delevingne** 1.35 **Wreck** 2.20 **Wreck** 3.05-3.50 **Freeze: Back On Thin Ice**

ITV2

6.40 AM **Catchphrase** 7.25 **In For A Penny** 8.20 **FILM Cats & Dogs** 10.00 **FILM Stuart Little** 11.50 **Celebrity Catchphrase** 12.50 PM **FILM Ice Age 2: The Meltdown** 2.40 **FILM Matilda** 4.45 **FILM Madagascar** 6.30 **FILM Jurassic World: Fallen Kingdom** 9.00 **FILM Fast & Furious 8** 11.40 **Family Guy** 12.05 AM **Family Guy** 12.30 **American Dad!** 1.00 **American Dad!** 1.30 **The Stand Up Sketch Show** 2.30 **All American** 3.15 **All American** 4.05 **Take Me Out** 5.25 **Totally Bonkers Guinness World Records** 5.50-6.00 **Unwind With ITV**

E4

6.00 AM **Rude(ish) Tube Shorts** 6.10 **Quentin Blake's Clown** 6.35 **The Abominable Snow Baby** 7.00 **Ramsay's Hotel Hell** 8.00 **Black-ish** 9.00 **How I Met Your Mother** 10.00 **The Goldbergs** 11.00 **The Big Bang Theory** 2.00 **FILM Junior** 4.10 **Rude(ish) Tube Shorts** 4.20 **Modern Family** 5.20 **The Big Bang Theory** 5.50 **The Big Bang Theory** 6.20 **FILM The Karate Kid** 9.00 **Made In Chelsea** 10.00 **Gogglebox** 11.05 **Naked Attraction** 12.10 AM **The Inbetweeners** 3.25 **Summer House** 4.15 **The Big Bang Theory** 5.05-6.00 **Brooklyn Nine-Nine**

Sky Showcase

6.00 AM **Orangutan Jungle School** 7.00 **The Simpsons** 10.00 **The 90s: Cinema's Greatest Decade** 11.00 **Sport's Funniest Moments** 12.00 PM **Live EFL 3.00 Gillette Labs Soccer Special** 5.00 **Football's Funniest Moments 2021** 5.30 **Christmas Carole** 6.45 **FILM Jurassic Park** 9.00 **Rob Beckett: Wallop** 10.15 **Spiderman 3** 12.45 AM **Rob & Romesh Vs Art** 1.45 **The Russell Howard Hour** 2.45 **Never Mind The Buzzcocks** 3.30 **Road Wars** 4.00 **The 00s: Cinema's Greatest Decade** 5.00 **Futurama** 5.30-6.00 **Futurama**

Sky Witness

6.00 AM **The Force: Manchester** 7.00 **Border Patrol** 9.00 **Nothing To Declare** 10.00 **Nothing To Declare** Back-to-back episodes. 2.00 **Stop, Search, Seize** 3.00 **Stop, Search, Seize** 4.00 **Caught On Dashcam** 5.00 **Caught On Dashcam** 6.00 **Caught On Dashcam** 7.00 **Caught On Dashcam** 8.00 **Caught On Dashcam** 9.00 **Coroner** 10.00 **The Equalizer** 11.00 **Blue Bloods** 12.00 AM **FBI** 1.00 **The Good Doctor** 2.00 **Bull** 3.00 **Blue Bloods** 4.00 **Blue Bloods** 5.00-6.00 **Brit Cops: Rapid Response**

NEW YEAR'S EVE HIGHLIGHTS

Star man

SAM RYDER ROCKS NEW YEAR'S EVE

BBC1, 11.30PM

Eurovision runner-up Sam Ryder will send us rocking into the New Year in this glittering celebration. Sam will be joined live on stage by the likes of Melanie C, The Darkness frontman Justin Hawkins, Norwegian singer Sigrid, and London's House Gospel Choir, as we approach those midnight bongs.

After heading live to the Thames for London's first full fireworks display since 2019, the party will continue with Sam's take on some classic tunes...

'I can't think of a better way to round off 2022 than singing favourite songs with some very special guests,' grins Sam. 'It's been such an incredible 12 months, and I'm excited to bring in 2023 with you!'

JOOLS' ANNUAL HOOTENANNY

BBC2, 11.30PM

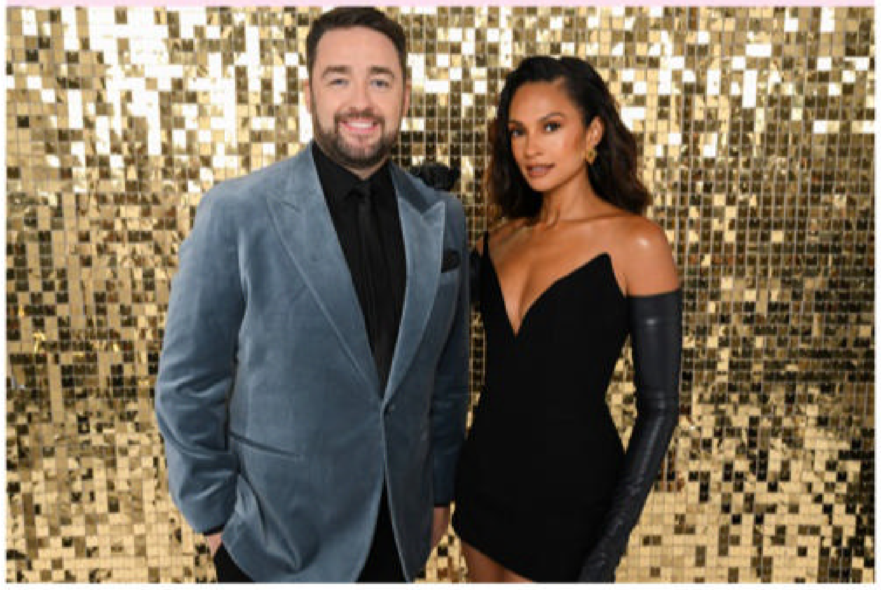
Jools welcomes musical guests from across the decades. Among them are Andy Fairweather Low of Sixties band Amen Corner; Seventies soul group The Real Thing; Roland Gift of Eights band Fine Young Cannibals, and Nineties singer Gabrielle.

THE NATIONAL LOTTERY'S NEW YEAR'S EVE BIG BASH

ITV1, 8.30PM

Starting its own New Year celebrations slightly earlier is ITV's entertainment spectacular, hosted by Jason Manford and Alesha Dixon. Tom Grennan, Adam Lambert, Katherine Jenkins and Cirque du Soleil will be among those performing, while there will also be a look at the year's biggest highlights...

'Get dressed up from the comfort of your own home and come party with us,' cheers Alesha. 'We've got your evening sorted!'



> *'I started this film engaged – and came back married and pregnant!'*

CAUSEWAY

ON APPLE TV+ NOW

Jennifer Lawrence stars in this stirring film about Lynsey, a soldier who suffers a traumatic brain injury while deployed in Afghanistan and struggles to adjust to life back home. Here, the Oscar winner talks about what attracted her to the project...

You shot this pre-pandemic, no?
Yes – it was wild to make a movie and then take a two-year hiatus, have time to sit with the movie, see it in the edit and then come back with such a different perspective. I started the film when I was engaged. I came back married and pregnant!

This is a story about trauma and friendship...
Yes, and I think it's rare to read something with the melody and slow-building feel that this movie has. I love superhero movies as much as the next person, but there was something so refreshing about this.

Lynsey is wonderfully complex – how did she challenge you?
I think how she carries this invisible injury and baggage, but in such a quiet way. So, I guess probably trying to convey things without... saying them.

WORDS: DANIELLE SOUTHWOOD, SHELLEY SPADONI, ALLISON JONES, LYNN GIBSON, HOT FEATURES PICTURES: GETTY

NEW YEAR'S EVE TV

BBC1

9.10pm
That's My Jam

6.00 AM **Breakfast**
10.00 **Saturday Kitchen Live**
11.30 **The Great Food Guys Hogmanay Special**
12.00 PM **Football Focus**
12.30 **England's Lionesses: Inside The Pride**
1.00 **BBC News/Weather**
1.15 **FILM Coco**
2.50 **FILM Inside Out**
4.20 **Final Score**
5.25 **BBC News**
5.35 **Regional News/ Weather**
5.45 **Pointless Celebrities**
6.35 **The Weakest Link**
7.20 **FILM Yesterday**
9.10 **That's My Jam** Donny Osmond and Amber Riley go up against Boys II Men in the singing challenge.
10.10 **BBC News/ Weather**
10.25 **The Graham Norton New Year's Eve Show** Joining Graham are Olivia Colman, Hugh Laurie, Romesh Ranganathan and Leah Williamson.
11.30 **Sam Ryder Rocks New Year's Eve**
12.00 AM **Happy New Year Live!**
12.10 **Sam Ryder Rocks New Year's Eve**
12.40 **The Big Eurovision Party**
2.25-6.00 **BBC News**

BBC2

3.10pm
West Side Story

6.20 AM **Heaven Made** (R)
7.15 **The Pembrokeshire Coast: A Wild Year** (R)
8.15 **Jay's Yorkshire Workshop** (R)
9.15 **Agatha Christie: Lucy Worsley On The Mystery Queen** (R)
10.15 **FILM Shadowlands**
12.20 PM **Anthony Hopkins: Talking Pictures** (R)
1.05 **FILM The Remains Of The Day**
3.10 **FILM West Side Story** The classic 1961 version starring Natalie Wood.
5.35 **Stephen Sondheim's Old Friends**
7.45 **Only Connect Specials: Education** (R)
8.15 **Mortimer & Whitehouse: Gone Christmas Fishing 2022** (R)
9.15 **The Morecambe & Wise Show 1970 – The Lost Tape** (R)
10.00 **Match Of The Day.**
11.30 **Jools' Annual Hootenanny** It's the 30th edition of Jools' annual New Year bash, and he's joined by guests Roland Gift, Cat Burns, George Ezra, Ruby Turner and Self Esteem.
1.30 AM **FILM Alan Partridge: Alpha Papa**
2.55 **Britpop At The BBC** (R)
3.55-6.15 **This Is BBC Two**

ITV1

10.35pm Jonathan
Ross' Comedy Special

6.00 AM **CITV**
9.25 **James Martin's Saturday Morning**
11.35 **John And Lisa's Christmas Kitchen**
12.40 PM **James Martin's Great British Adventure** (R)
1.10 **ITV News/Weather**
1.20 **Midsomer Murders** (R)
3.20 **FILM Chitty Chitty Bang Bang**
6.05 **ITV News/Weather**
6.15 **Regional News/ Weather**
6.30 **The Chase: The Bloopers**
7.30 **Emmerdale** DJ Bob prepares to spin the wheels of steel, but is he making a fool of himself?
8.00 **Coronation Street** Billy hopes Aaron can stop Summer going through with her latest surrogacy plan.
8.30 **The National Lottery's New Year's Eve Big Bash**
10.35 **Jonathan Ross' New Year Comedy Special**
11.40 **ITV News Including New Year Bongs/Weather**
12.05 **Britain's Favourite Detective** (R)
1.50 **John Bishop's End Of Year Show** (R)
2.45 **Unwind With ITV**
4.15-6.00 **Love Your Weekend With Alan Titchmarsh At Christmas** (R)

Channel 4

9pm The Last Leg
Of The Year

6.20 AM **The King Of Queens** (R)
6.45 **The Simpsons.** (R)
7.10 **The Simpsons** (R)
7.35 **The Simpsons** (R)
8.00 **The Simpsons** (R)
8.25 **The Simpsons** (R)
8.55 **The Simpsons** (R)
9.25 **The Simpsons** (R)
9.55 **Chateau DIY At Christmas *2022.*** (R)
10.55 **FILM Charlotte's Web**
12.50 PM **FILM Annie**
3.20 **Celebrity Lego Masters At Christmas** (R)
4.20 **London Zoo At Christmas** (R)
5.25 **Christmas At Holkham Hall** (R)
6.20 **Channel 4 News**
6.40 **FILM Indiana Jones And The Temple Of Doom** Classic thrills and spills with Harrison Ford.
9.00 **The Last Leg Of The Year** The gang are joined by Rylan, Sue Perkins, Ellie Simmonds, Tom Davis, Desiree Burch and Mike Wozniak.
11.00 **Adam Hills: Clown Heart**
12.35 AM **Micky Flanagan: Back In The Game** (R)
2.05 **FILM Airplane!**
3.35 **The Great Festive Pottery Throw Down** (R)
4.40 **Couples Come Dine With Me** (R)
5.35-6.00 **Food Unwrapped** (R)

Channel 5

10pm Britain's
Favourite 90s Songs

6.00 AM **Milkshake!** *including* 6.00 **Peppa Pig** 6.10 **Pip and Posy** 6.20 **Ben and Holly's Little Kingdom** 6.30 **Shane the Chef** 6.40 **Noddy** 6.50 **Fireman Sam** 7.05 **Thomas & Friends** 7.15 **Daisy & Ollie** 7.20 **Peppa Pig** 7.30 **Ben and Holly's Little Kingdom** 7.45 **Paw Patrol** 8.05 **Baby Shark's Big Show:** 8.20 **Pirata & Capitano** 8.35 **Santiago of the Seas** 9.00 **New. Pop Paper City** 9.15 **Mimi's World** 9.25 **The World According to Grandpa** 9.35 **Cooking with the Gills** 9.50 **Pip and Posy** 10.00 **The Smurfs** (R) 10.10 **SpongeBob SquarePants**
10.25 **Entertainment News On 5**
10.40 **Friends** (R)
11.10 **FILM The Searchers**
1.45 **FILM Zulu**
4.35 **FILM Escape To Victory**
6.55 **5 News Update**
7.00 **World's Strongest Man 2022**
8.00 **Britain's Favourite Party Hits** (R)
10.00 **Britain's Favourite 90s Songs** (R)
1.00 AM **The LeoVegas Live Casino Show**
3.00 **The Yorkshire Vet** (R)
3.50 **The Yorkshire Vet** (R)
4.40 **The Yorkshire Vet** (R)
5.35 **Paw Patrol** (R)
5.45-6.00 **Paw Patrol** (R)

SATELLITE, CABLE AND DIGITAL HIGHLIGHTS

BBC3

7.00 PM **EastEnders** There's a massive bust-up at the Vic over Christmas dinner. 8.00 **EastEnders** Ricky has a big decision to make. 8.30 **EastEnders** Everyone is wondering why the Vic isn't open. 9.00 **Bellator MMA** 11.00 **Two Pints Of Lager And A Packet Of Crisps** 12.00 AM **Two Pints Of Lager And A Packet Of Crisps** 12.30 **Two Pints Of Lager And A Packet Of Crisps** 1.00 **Brickies** 1.30 **Brickies** 2.00 **Brickies** 2.30 **Brickies** 3.00 **Brickies** 3.30-4.00 **Brickies**

ITV2

6.00 AM **Unwind With ITV** 6.15 **Coronation Street Omnibus** 10.00 **In For A Penny** 10.35 **FILM Annie** 1.00 PM **Celebrity Catchphrase** 2.00 **FILM Stuart Little** 3.50 **FILM Hotel Transylvania 3: A Monster Vacation** 5.45 **FILM New Year's Eve** 8.00 **FILM Aquaman** 10.50 **Family Guy** 11.15 **Family Guy** 11.45 **Family Guy** 12.15 AM **American Dad!** 1.10 **Shopping With Keith Lemon** Back-to-back episodes. 3.15 **Don't Hate The Playaz** 3.50 **Dress To Impress** 4.40 **Secret Crush** 5.30-6.00 **Unwind With ITV**

E4

6.00 AM **Rude(ish) Tube Shorts** 6.05 **Modern Family** 9.25 **Modern Family** 9.55 **The Big Bang Theory** Back-to-back episodes. 12.25 PM **The Great Christmas Bake Off 2022** 1.50 **FILM Johnny English Strikes Again** 3.45 **FILM The Karate Kid** 6.35 **The Big Bang Theory** Back-to-back episodes. 9.00 **Gogglebox 2020** 11.05 **Celebrity Gogglebox** 12.05 AM **First Dates** 1.10 **First Dates** 2.15 **Gogglebox 2020** 4.00 **Ramsay's Kitchen Nightmares USA** 4.50-6.00 **Ramsay's Kitchen Nightmares USA**

Sky Showcase

6.00 AM **Orangutan Jungle School** 7.00 **The Simpsons** 8.30 **Andre Rieu** 10.30 **Soccer AM.** 12.00 PM **Sport's Funniest Moments** 2.00 **The Simpsons** 2.30 **The Simpsons** 3.00 **Soccer Saturday** 5.00 **Football's Funniest Moments** 5.30 **Elvis '56** 6.50 **Classic Albums** 8.00 **Elvis: A Legend In Concert** 9.00 **Freddie Mercury: Tribute Concert** 10.45 **Queen Live In Milton Keynes** 11.45 **New Year Fireworks** 12.15 AM **Queen Live In Rio** 1.30 **Queen Live In Budapest** 3.15 **Queen & Adam Lambert 5.00-**6.00 **The 90s: Cinema's Greatest Decade**

Sky Witness

6.00 AM **Border Patrol** 9.00 **Nothing To Declare** 12.00 PM **Caught On Dashcam** 1.00 **Caught On Dashcam** 2.00 **Caught On Dashcam** 3.00 **Nothing To Declare** Back-to-back episodes all afternoon. 7.00 **Caught On Dashcam** 8.00 **Caught On Dashcam** 9.00 **Coroner** 10.00 **FILM Kiss The Girls** 12.00 **AM Bull** 1.00 **New Amsterdam** 2.00 **New Amsterdam** 3.00 **The Good Doctor** 4.00 **Nothing To Declare** 4.30 **Nothing To Declare** 5.00 **Nothing To Declare** 5.30-6.00 **Nothing To Declare**

NEW YEAR'S DAY HIGHLIGHTS

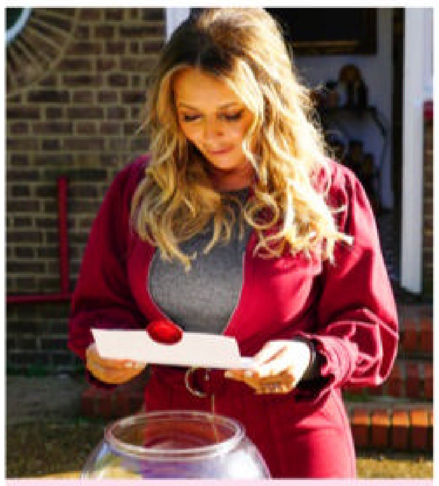
New Year, new masks

THE MASKED SINGER

ITV1, 6.30PM

Hark, the herald angels shout, 'Take it off!' *The Masked Singer* is back, and Mo Gilligan, Davina McCall, Rita Ora and Jonathan Ross retake their detective chairs, as Joel Dommett introduces them and us to a batch of bonkers characters that we must try to identify from just the singer's voice and some shonky clue packages. Natalie Imbruglia as Panda was last year's victor, and hoping to join her are 12 fresh disguised celebs – and among them, we'll enjoy the show's first vocal pairing...

'We have Cat and Mouse, and they're great!' says Joel. 'Weirdly, you'd have thought it would be easier to guess, but it's harder. Because there are two, you can't hear their voices as much. It's very interesting!'



TASKMASTER'S NEW YEAR'S TREAT

CHANNEL 4, 9PM

Lord Greg Davies and Little Alex Horne bring us another brilliant one-off special. Telly stars Carol Vorderman and Greg James, journalist Amelia Dimoldenberg, Olympic champ Sir Mo Farah and musician Rebecca Lucy Taylor vie for the trophy.

JAMES BOND: NO TIME TO DIE

ITV1, 8PM

Get your 007 on (and possibly a martini to hand, too), as ITV premieres Daniel Craig's final, high-octane 2021 outing as Britain's most famous spy. With equally brilliant turns from Lashana Lynch and Rami Malek, we find James Bond enjoying a tranquil life in Jamaica after leaving active service. But his peace is short-lived as his old CIA friend, Felix Leiter, shows up and asks for help. The mission to rescue a kidnapped scientist turns out to be far more treacherous than expected...

'I love a beautiful hotel, too!'

IRMA VEP

ON SKY ATLANTIC & NOW TV

Alicia Vikander talks about how she and husband Michael Fassbender juggle careers and parenthood – plus what to expect from *Irma Vep* – a thriller which revolves around Mira, an actress who stars as Irma Vep in a remake of French silent film serial *Les Vampires*. Mira struggles as the distinctions between she and her character begin to blur...

So, tell us about *Irma Vep*?
It's an homage to filmmaking and storytelling. It's also funny and pulls the curtain back – shows the crazy world behind-the-scenes.

You filmed this when the baby was four months, right?
Yes! My husband and I tend to do every second job now. Or try to! When you have a four month-old and go to work you're like, 'I mean, this is easy'.

Your character stays in such extravagant hotels! Are you more down-to-earth?
I love a beautiful hotel! I hope you can be down-to-earth and enjoy a pretty dress. It's more about acknowledging the beauty of it. The danger is to think 'that' is everything.

What have you been watching lately?
The White Lotus, it's brilliant!

WORDS: DANIELLE SOUTHWOOD, SHELLEY SPADONI, ALLISON JONES, LYNN GIBSON, HOT FEATURES PICTURES: GETTY

NEW YEAR'S DAY TV

BBC1

9pm
Happy Valley

6.00 AM **Breakfast**
8.30 **Match Of The Day** (R)
10.00 **FILM Early Man**
11.20 **FILM Pete's Dragon**
12.55 PM **The Archbishop Of Canterbury's New Year Message**
1.00 **BBC News/Weather**
1.15 **Songs Of Praise**
1.50 **FILM Cinderella**
3.30 **The Boy, The Mole, The Fox And The Horse** (R)
4.00 **FILM Mary Poppins Returns**
6.05 **BBC News**
6.20 **Regional News**
6.30 **EastEnders** The Slaters throw a New Year's Eve party, but disaster strikes and the house has to be evacuated.
7.00 **His Dark Materials**
8.00 **Call The Midwife** First episode of a new series, and there's a fresh face in Poplar.
9.00 **Happy Valley** Sgt Catherine Cawood, played by Sarah Lancashire, returns for a final series.
10.00 **Mrs Brown's Boys New Year's Special**
10.30 **BBC News/ Weather**
10.50 **Match Of The Day 2**
11.45 **FILM Long Shot**
1.45-6.00 AM **BBC News**

BBC2

From 9pm
Motown Night

6.15 AM **Countryfile** (R)
7.10 **The Fens: A Wild Year** (R)
8.10 **Weatherman Walking**
8.40 **Saturday Kitchen New Year Best Bites**
10.15 **New Year's Day Concert Live From Vienna 2023**
12.45 PM **FILM Cleopatra**
4.40 **The Archbishop Of Canterbury's New Year Message**
4.45 **FILM Planet Of The Apes** Classic version from 1968 with Charlton Heston.
6.30 **Only Connect Specials: The Birds And The Bees**
7.00 **Antiques Roadshow: 100 Years Of The BBC** (R)
8.00 **Digging For Britain**
9.00 **Motown Master: Lamont Dozier At The BBC** Kicking off a special night of programmes celebrating the magic of Motown.
10.00 **When Motown Came To Britain**
11.00 **Marvin Gaye: Live At Montreux**
12.40 AM **Smokey Robinson At The Electric Proms** (R)
1.40 **Sign Zone: Celebrity MasterChef Festive Extravaganza** (R)
2.40 **Sign Zone: Mary Berry's Ultimate Christmas** (R)
3.40-6.35 **This Is BBC Two**

ITV1

5.30pm
Celebrity Catchphrase

6.00 AM **CITV**
9.25 **Love Your Weekend With Alan Titchmarsh**
11.20 **John And Lisa's Christmas Kitchen** (R)
12.20 PM **Love Your Garden** (R)
12.50 **ITV News/Weather**
1.00 **ITV Racing: Live From Cheltenham**
3.30 **ITV News/Weather**
3.50 **FILM Penguins Of Madagascar**
5.30 **Celebrity Catchphrase** Kadeena Cox, Adam James and Ellie Taylor compete, with Stephen Mulhern in charge of Mr Chips.
6.30 **The Masked Singer** Joel Dommett is back for a new series of the wacky panel show, in which panelists Rita Ora, Jonathan Ross, Davina McCall and Mo Gilligan must guess the identities of the singing celebrities inside the hilarious costumes.
8.00 **FILM No Time To Die** *PREMIERE*
11.05 **ITV News/Weather**
11.20 **Gallagher Premiership Rugby Union Highlights** (R)
12.20 AM **Made In Britain** (R)
1.15 **Shop: Ideal World**
3.00 Motorsport UK (R)
3.50 **Unwind With ITV**
5.05 **Martin Lewis' Extreme Savers** (R)
5.35-6.00 **Martin Lewis' Extreme Savers** (R)

Channel 4

7.40pm **The Great New Year Bake Off**

6.00 AM **The King Of Queens** (R)
6.25 **The King Of Queens** (R)
6.50 **Everybody Loves Raymond** (R)
7.15 **Everybody Loves Raymond** (R)
7.40 **The Simpsons** (R)
8.05 **The Simpsons** (R)
8.30 **The Simpsons** (R)
9.00 **The Simpsons** (R)
9.30 **Sunday Brunch**
12.30 PM **The Simpsons** (R)
12.55 **The Simpsons** (R)
1.20 **The Simpsons** (R)
1.50 **FILM The Bridge On The River Kwai**
5.05 **Channel 4 News/ Weather**
5.15 **FILM Indiana Jones And The Last Crusade**
7.40 **The Great New Year Bake Off**
9.00 **Taskmaster's New Year's Treat**
10.00 **The Big Fat Quiz Of The Year 2022** (R)
11.55 **Sean Lock: Keep It Light** (R)
12.55 AM **The Last Leg Of The Year** 2022 (R)
2.35 **The Simpsons** (R)
3.00 **Come Dine With Me** (R)
3.25 **Come Dine With Me** (R)
3.50 **Come Dine With Me** (R)
4.15 **Come Dine With Me** (R)
4.45 **Come Dine With Me** (R)
5.10 **Kirstie's House Of Craft** (R)
5.30-6.25 **Grand Designs** (R)

Channel 5

5.40pm
Dirty Dancing

6.00 AM **Milkshake!** *including* 6.00 **Peppa Pig** 6.10 **Pip and Posy** 6.20 **Ben and Holly's Little Kingdom** 6.30 **Shane the Chef** 6.40 **Noddy** 6.55 **Fireman Sam** 7.05 **Thomas & Friends** 7.15 **Pip and Posy** 7.25 **Peppa Pig** 7.30 **Ben and Holly's Little Kingdom** 7.50 **Paw Patrol** 8.40 **Paddington** 9.00 **Pop Paper City** 9.20 **The World According to Grandpa** 9.35 **Cooking with the Gills** 9.45 **Pip and Posy** 10.00 **The Smurfs** (R) 10.10 **SpongeBob SquarePants** (R)
10.25 **Entertainment News**
10.40 **Friends** (R)
11.05 **FILM Seven Brides For Seven Brothers**
1.15 **FILM Singin' In The Rain**
3.25 **FILM Footloose**
5.40 **FILM Dirty Dancing**
7.30 **World's Strongest Man 2022: The Final**
9.00 **Motorhoming With Merton & Webster**
10.00 **FILM Road House**
12.15 AM **Swayze: The Demons & The Dance** (R)
1.40 **LeoVegas Live Casino**
3.40 **Entertainment News**
3.50 **Inside The Tower Of London At Christmas** (R)
4.40 **House Doctor** (R)
5.05 **Divine Designs** (R)
5.35-6.00 **Divine Designs** (R)

SATELLITE, CABLE AND DIGITAL HIGHLIGHTS

BBC3

7.00 **PM EastEnders** Scarlett is the target of someone's rage, while Zack melts Whitney's heart when he offers to cook dinner. 7.30 **EastEnders** Shirley has to put things right, while Freddie and Bobby plot to reunite Jean and Harvey. 8.00 **The Maze Runner** 9.45 **Ellie & Natasia** 10.00 **Who Stole Tamara Ecclestone's Diamonds?** 10.55 **Red Rose** 11.45 **Red Rose** 12.25 AM **Planet Sex With Cara Delevingne** 1.10 **Who Stole Tamara Ecclestone's Diamonds?** 2.05 **Ellie & Natasia** 2.20 **Red Rose** 3.10-3.50 **Red Rose**

ITV2

6.15 AM **Totally Bonkers Guinness World Records** 7.10 **In For A Penny** 8.10 **Celebrity Supermarket Sweep** 9.10 **Catchphrase** 10.00 **FILM Stuart Little 2** 11.45 **FILM Madagascar** 1.30 PM **FILM Ice Age 2: The Meltdown** 3.15 **FILM E.T.** 5.35 **FILM Jurassic World: Fallen Kingdom** 8.00 **FILM Ocean's 8** 10.15 **Family Guy** Three episodes 11.40 **American Dad!** 12.10 **AM American Dad!** 12.35 **Shopping With Keith Lemon** 1.35 **Don't Hate The Playaz** 2.20 **Totally Bonkers Guinness World Records** 2.50 **Unwind** 3.00-6.00 **Teleshopping**

E4

6.00 AM **Ramsay's Kitchen Nightmares USA** 8.35 **Modern Family** 9.30 **The Abominable Snow Baby** 10.05 **The Tiger Who Came To Tea** 10.35 **The Snowman** 11.10 **The Snowman And The Snowdog** 11.45 **FILM Kindergarten Cop** 2.00 **PM FILM Spiderman: Into The Spider-Verse** 4.10 **Celebrity Lego Masters** 5.15 **Lego Masters Australia** 7.05 **Skyscraper** 9.00 **Gogglebox 2021** 11.10 **Naked Attraction** 12.15 AM **Naked Attraction** 1.20 **Gogglebox** 2.25 **Gogglebox** 3.25 **Naked Attraction** 4.15 **The Goldbergs** 4.40-6.00 **Hollyoaks**

Sky Showcase

6.00 AM **Football's Funniest Moments** 8.00 **Red Riding Hood: After Ever After** 9.00 **Jurassic Greatest Moments: Jurassic Park To Jurassic World** 10.00 **Roald & Beatrix** 11.30 **Harry Potter: Who's Who** 12.30 **PM Harry Potter 20th Anniversary: Return To Hogwarts** 2.30 **FILM Jurassic Park** 4.45 **FILM The Lost World: Jurassic Park** 7.15 **FILM Jurassic Park II** 9.00 **Romantic Getaway** 9.30 **Romantic Getaway** 10.00 **Katherine Ryan – Missus** 11.15 **Rob & Romesh Vs Andy Murray** 12.15 AM **Rosie Molloy Gives Up Everything**

Sky Witness

6.00 AM **Border Patrol** 10.00 **The Force: Manchester** 11.00 **Caught On Dashcam** 1.00 **Caught On Dashcam** 2.00 **Caught On Dashcam** 3.00 **Nothing To Declare** Enjoy a marathon block of back-to-back episodes all afternoon. 8.00 **Caught On Dashcam** 9.00 **Caught On Dashcam** 10.00 **FILM Along Came A Spider** 12.30 **AM New Amsterdam** Medical drama series 1.30 **New Amsterdam** 2.30 **Bull** 3.30 **The Good Doctor** 4.30 **Coroner** 5.30-6.00 **Nothing To Declare**

A New Year's engagement for Trixie!

For a decade, *Call The Midwife*'s Christmas Day episode has warmed our hearts, with a joyous, dramatic and touching festive tale... and this year is no different

Call *The Midwife*'s Trixie Franklin was missing from series 11 after she left to take care of her aunt in Portofino, so the storyline went. In reality, the actress Helen George, 38, gave birth to her second child... But now, the popular character is returning to Nonnatus House for the Christmas special, where her love life is about to graduate to a whole new level – though she is also set to face a heartbreaking challenge with her alcohol struggles. Here, Helen and her co-star Jenny Agutter, who plays Sister Julienne, tell us more about what to expect...

Hi Helen and Jenny! How would you describe the Christmas special this year?

HELEN: The Christmas episode is like a big box of chocolates, with shiny lovely wrappers! Each story is so carefully unwrapped.

JENNY: This particular Christmas is one of the few times that Sister Julienne hasn't been totally focused on how to keep Nonnatus House together due to the financial situation. Now there's the wonderful Matthew, who is supporting and is offering help all the time... Poplartunity Knocks was a really brilliant idea of Fred's and does bring the community together and we get to see what talents they all have, which is wonderful and surprising.

Snow much fun: The festive Christmas special

Do you remember the show *Opportunity Knocks?*

JENNY: Yes! It reminds me very much of my childhood, where *Opportunity Knocks* did actually exist and we were always riveted by it. So that's a lovely element of the Christmas story. We see people coming back, particularly in the Christmas episode, where we have the Mullucks returning. We see the effect thalidomide continued to have on people, and the difficulties of having a child who doesn't quite fit in. In this episode you really get the sense of Nonnatus House, the midwives and the nuns being at the centre of the community, which is a strong one.

Helen, Trixie has a romantic moment this Christmas. What was it like filming that?

Trixie has a really lovely time at Christmas, it is very romantic. It was really lovely, we were filming by the Albert Bridge in Battersea. The councillor said: 'Oh, yes, we'll leave the lights on all night for you, you can film all night.' It was a night shoot, and at like, five to 10,

Jenny Agutter plays Sister Julienne

Helen with her daughter

Instagram/ helengeorge

Nurse Trixie gets into the Christmas spirit

‘We’ve become part of the Xmas Day menu’

after we’d done one take, the lights went out! They were on hold to the council for the rest of the night trying to get the lights back, but they never came on. Thankfully, the director of photography lit it beautifully and managed to work around it.

It’s a distinctly festive episode this year…

JENNY: I don’t think we’ve ever done a Christmas show that has been so… Christmassy, from the beginning to end! Every single story that’s in there, in some way, someone’s touched by it. With the birth of a son at a certain time, with three kings being there, even trying to get into the shed (to give birth)… There’s so many little references to Christmas from beginning to end.

We also see Trixie help someone suffering from alcoholism, an issue which she has contended with herself in the past…

HELEN: It’s definitely a poignant time of year for this storyline. I think Christmas is one of the most testing times for a lot of people, and many families, so of course it’s a good time to touch on the subject again. I have had a lot of feedback, and people suddenly realising that their own drinking was perhaps out of hand and getting help after seeing the series.

We don’t deal with alcohol well in Britain…

HELEN: No. If you’re at a party, someone will say, ‘oOh come on, have a drink.’ If someone was a drug addict, you wouldn’t be saying, ‘Come on, have some more crack’. We don’t deal well with alcoholism in this country, we don’t appreciate it in the way we should.

We always love the snowy scenes in *Call the Midwife*’s Christmas special. What’s working in the ‘snow’ like?

JENNY: It makes you feel cold. It wasn’t! But it makes you feel as if you are…

***Call the Midwife* is such a key part of Christmas Day telly for so many people…**

HELEN: It is lovely that we’ve become part of the Christmas Day menu. People always say they sit down on Christmas Day and watch it after the Queen – I guess it will be the King this year!

● ***Call The Midwife* returns to BBC One on Christmas Day at 9pm.**

A ‘horrific’ first kiss!

After a long courtship, Trixie and Matthew Aylward (played by hunky actor Olly Rix) will finally get engaged this NYE! However, despite the romantic setting, mum-of-two Helen has said that filming their first kiss was ‘horrific’ as there were so many Covid-19 protocols in place, deeming it ‘the most unsexy thing you could ever do’. She explained: ‘We became masters at kissing through Perspex. It’s probably the most unsexy thing you could ever do. A man comes along with a little spray and a window wipe and wipes away your spit after every take. Horrific.’ Yes, we see what you mean, Helen…!

Kissing Olly, aka Matthew, should have been fun!

WORDS: DANIELLE SOUTHWOOD PICTURES: BBC, INSTAGRAM

Best B

on

We've picked the best binges of 2022 to make sure you don't miss out on the year's top telly...

THE WHITE LOTUS *Sky Atlantic*

The second series of the hotel-set drama moves to Italy but has just as much intrigue, romance and dark humour. At this luxury Sicilian resort, the guests (and a lot of the staff) have sex on the brain – whether it's unhappily married Tanya (Jennifer Coolidge, the only returning character from series one), or two young couples whose lives are not as perfect as they appear...

THE WATCHER *Netflix*

A scary house is always a good start for a drama – and the home in this drama, inspired by a true story, certainly has plenty of chills. After busting a gut to buy their dream home, a family finds themselves tormented by weird neighbours, terrifying intruders and a mysterious correspondent who dubs themselves 'the Watcher'. At times a little baffling, but always watchable. Starring Naomi Watts and Mia Farrow.

BAD SISTERS *Apple TV+*

Meet the Garvey sisters, a family united by their loathing of their brother-in-law – a man so awful that they decide the only way to save their sister from his toxic ways is to bump him off. With a gorgeous Irish setting, a crackling script and great performances, this series – scripted by Sharon Horgan, who also stars as oldest sister, Eva – is a delight from start to finish.

oxsets the Box

DEAD TO ME *Netflix*

Judy and Jen, played by Linda Cardellini and Christina Applegate, return for series three of their Californian adventures. In the first series the two women became unlikely pals after a hit-and-run accident brings them together. In this latest series, there are more twists, and plenty of laughs – but be warned, you will still need your tissues…

THE THIEF, HIS WIFE AND THE CANOE *ITVX*

Remember the jaw-dropping true-life tale of John and Anne Darwin, the Hartlepool couple who were convicted of fraud after he faked his death in a canoeing accident to claim the insurance money – only to resurface in Panama? Well, this dramatisation has all the pathos and shock value of the story and includes superb performances from Eddie Marsan and Monica Dolan.

AM I BEING UNREASONABLE? *BBC iPlayer*

If you like your humour black then you'll adore this comedy-thriller, written by and starring Daisy May Cooper from *This Country*. She plays Nic, who is hiding a very dark secret – she was in love with her husband's brother, who was killed in a freak accident. Her already troubled life is disturbed further by the arrival of mysterious stranger Jen (Selin Hizli), who has secrets of her own.

KAREN PIRIE *ITVX*

Newcomer Lauren Lyle is a fantastic lead in this adaptation of Val McDermid's cold case series. Young police detective Karen is put in charge of a very upsetting case – the unsolved murder of a young working-class woman in an university town, with suspicion falling on three posh students. A great watch that ticks all the boxes for gripping TV crime drama.

SHERWOOD *BBC iPlayer*

There's an incredible cast in this powerful drama that examines the legacy of the miners' strike on a small community rocked by brutal murders. With David Morrisey, Lesley Manville, Adeel Akhtar and Joanne Froggatt, it's a masterclass in acting talent. Playwright James Graham scripts jaw-dropping moments too!

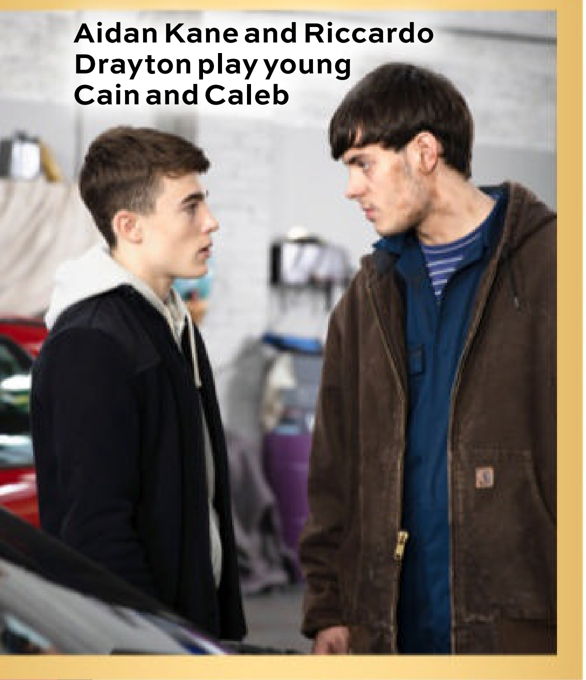
WORDS: DEIRDRE O'BRIEN
PICTURES: *APPLE, BBC, BSKYB, ITV, NETFLIX*

The BIG soap stories

From flashbacks on The Dales, to Christmas on the Cobbles and big shocks on The Square, we're ready for a thoroughly entertaining soap-filled Christmas...

THE DINGLE BROTHERS – 'WE'VE KNOWN EACH OTHER SINCE SCHOOL'

Emmerdale's Caleb Miligan (played by Will Ash) will make his arrival this Christmas, leading to huge scenes as the Dingles learn of their long-lost relative. The secret brother of Cain Dingle (Jeff Hordley) and Chas Dingle (Lucy Pargeter) debuts on Christmas Day, much to the annoyance of Cain, who has hidden his existence for 30 years... But it's Boxing Day that sees Caleb and Cain's past explored, as the soap explains what happened between them in 1991 when Cain told him a devastating lie. Cain claimed their mum, Faith, was dead and told him to stay clear of the Dingles – while Faith actually died 30 years later, in October this year. While Cain's actions will be explained, Caleb will come looking for answers and it's teased he could take revenge... Here, Will, 45 and Jeff, 52, tell us more...



Aidan Kane and Riccardo Drayton play young Cain and Caleb

Will, what's it been like to join *Emmerdale*?

Great! Getting used to the pace of it... it's a lot more relentless and intense than other jobs I've done, but I'm really enjoying it. The character's great and I'm working with fabulous actors!

What drew you to the character of Caleb?

Three things. Firstly, how complex and layered he is. He comes in having this dark and tortured back story of having been put into care as a child. When he was 15 he found Cain and tried to reconnect with his family, and he's told by Cain that his mum's dead. When he finds out that Faith isn't dead, he comes back into their life with a lot of anger. Secondly, working with Jeff was a massive draw. And thirdly, It's nice to have the work! The chance to be doing what I love every day is amazing.

Does he want revenge?

He's got an axe to grind, yeah. There's a lot of bitterness that he's holding on to. He's grown up without a family and without his mum and missed out on ever getting to know her.

Do you think Cain and Caleb could ever be friends?

He does want to connect with Cain and Chas – despite the simmering resentment. But I don't think Cain's keen on that...

Is joining the Dingle clan a lot to live up to?!

I was so excited about it – and still am... I wasn't that intimidated, but I can see why it would seem daunting...

Jeff, how long have you both known each other?

We both went to the same school in Oldham and had a really inspirational drama teacher called Colin – who not only inspired us, but the likes of Jenna Coleman. We weren't in the same class at school unfortunately... I am a lot older! We did *Another Country* and I was one of the sixth formers and Will was the little man giving us tea and stuff....

How did you feel when they told you Will was coming in?

Initially, I'll be honest, I thought, 'They're bringing in another Dingle, what are they doing that for? Are they trying to replace me?' You always get a bit protective of your character, but as soon as I found out that it was Will, I thought it was the best thing that could have happened. It feels as if Caleb has been here for a long time. Cain doesn't like him, but you can see there's something about him that he wants to connect with.

Why does Cain push him away?

He's got too much going on with Kyle, he's just thinking it's the worst timing to be coming into his life right now.

Can you tell us about the flashback scenes and how you instructed your younger selves?

We were lucky enough to get to meet the young lads. They watched us do a scene and then we watched them. The guy that plays a little me picked up on all my mannerisms and habits. We need to see more of them!

Jeff had the same drama teacher as Jenna Coleman

Will: ‘I was so excited to join the Dingles clan’

A CORRIE CHRISTMAS...

Fiz opens her Christmas present and is disappointed to discover a box of chocolates and a keyring. Tyrone shares a secret grin with the girls and later as he, Hope and Ruby descend the stairs in their wedding outfits intent on surprising Fiz, they find a note on the table informing them that she’s gone to buy a turkey. In a panic, Tyrone calls Fiz’s phone, only to find she’s left it at home. As Chesney and Gemma instruct him to head to the hotel while Bernie and Dev wait for Fiz, Fiz’s car breaks down on a country road. Realising she has no phone, Fiz sets off on foot to look for a phone box, as Tyrone tells the guests it looks like the wedding is off. As they head to the Rovers to tuck into the buffet, has Tyrone’s surprise spectacularly backfired? Fiz stops a passing walker, Chris, and explains her predicament. Will he help?

FESTIVITIES ON THE SQUARE...

It’s Christmas morning – and Shirley is determined to expose Janine for who she is but she hasn’t quite pieced the full puzzle together. With Linda by her side they head to The Vic and, as they are making peace with Mick, Janine sees Jada arrive and is determined to keep her away from Linda. Both Linda and Shirley are stunned when Janine invites them to Christmas lunch, but there’s a bigger shock ahead... Meanwhile, Alfie has a plan to create Christmas magic for Kat and the kids by dressing as Santa and abseiling from the roof of the Mitchell house – but all does not go to plan...

WORDS: *DANIELLE SOUTHWOOD* PICTURES: *BBC, GETTY, ITV*

Fantastic FESTIVE

Our resident film addicts – Lifestyle Editor Lara Nugent and Features Editor Louise Bulgin – recommend their picks to keep you in the best of Christmas spirits and ring in the New Year with some fabulous TV

CHRISTMAS UNDER WRAPS

(Netflix, from £6.99 a month)

Starring Candace Cameron Bure, this charming movie ticks all the boxes when it comes to a great Christmas film. When ambitious doctor Lauren Burnell loses out on a Boston fellowship, she accepts an offer in a remote town in Alaska. She unexpectedly falls in love with the town and the handyman, Andy Holliday (David O'Donnell), who is reluctant to take over the family shipping business from his jolly cookie-loving dad! When she gets a call to lure her back to Boston, Lauren has a choice to make, will she follow her head or heart? A great one to watch for all the family.

HOME ALONE

(Disney+, £7.99 a month)

Is it really Christmas without this festive flick?! When Kevin McAllister (Macaulay Culkin) is accidentally left home alone while his parents and siblings jet off on holiday, the eight-year-old must find some inventive and memorable ways to protect his house from burglars. Will he succeed and will he be reunited with his family in time for 25 December?

LOVE ACTUALLY

(From the Sky Store)

Can you believe this Christmas classic came out 20 years ago? The nine intertwined love stories remind us all of the true meaning of Christmas. Who can forget David, played by Hugh Grant, as the handsome prime minister, dancing in Downing Street! Or share the heartbreak Karen (Emma Thompson) feels when she discovers her husband Harry (Alan Rickman) has been tempted by his attractive secretary.

SPIRITED

(Apple TV, from £6.99 a month)

This film is a musical version and re-telling of *A Christmas Carol*, for the modern day. Ebenezer Scrooge has been replaced with social media consultant and irredeemable soul, Clint Briggs (Ryan Reynolds). Can the time-travelling ghost of Christmas Present (Will Farrell) make him see the error of his ways and change for the better? Fun, light-hearted and a toe-tapping watch.

FILMS!

CHRISTMAS AT CASTLE HART

(Channel 5 catch up on My5 for all)

After Brooke (Lacey Chabert) and her sister Margot lose their catering jobs in New York, they decide to jet off to Ireland in search of their adopted father's family. During their search, Brooke gets mistaken for an elite event planner and is hired to host the castle's Christmas Gala, assisted by the handsome Earl (Stuart Townsend). Will she get found out?

THIS IS CHRISTMAS

(Sky Movies)

This has to be one of the best festive films of 2022. It follows the story of Adam (Alfred Enoch) on his daily commute. When his train breaks down, Adam decides to break the taboo of talking to strangers on a train and invites the whole carriage to their own Christmas party. It's wonderfully heart-warming and definitely one to watch over and over again.

ELF

(Sky Cinema Drama, 8pm, 24 Dec)

Can we ever sit through this Will Ferrell movie enough times? We can't believe you don't know the plot BUT just to refresh your memories, Buddy (not a real elf but a human) is impossible to dislike. Santa's not-so-little helper has been raised in the North Pole but sets out to find his dad. We promise it will put the jingle bells into your Christmas Eve!

NEXT STOP, CHRISTMAS *(Christmas 24 – on rotation so keep an eye out for all we recommend)*

If you're a fan of *Back to the Future* then this may well be the Xmas watch for you. It stars Christopher Lloyd as a train conductor who helps a young woman, Angie Reynolds, on a memorable journey back to her family for the holidays. Can she right the wrongs she's made to lead to her happy ending? Angie's mum is played by Lea Thompson (another familiar face!) and there's even a nod to the original film with a disappearing train ticket (much like Marty's photo in the 1985 film). Nostalgic and a very easy watch.

THE NOEL DIARY *(Netflix)*

Starring *This is Us*' Justin Hartley as Jacob Turner, a successful author, we follow his journey as he returns home for Christmas to settle his estranged mum's estate. Whilst there, he discovers a diary that may help a beautiful stranger get some answers she desperately craves. Will it lead to self-discovery and a happy ending all round? This has festive feel-good written all over it!

BOYFRIENDS OF CHRISTMAS PAST

(Channel 5)

In order to find happiness with her best friend Nate (Raymond Ablack) unlucky in love Lauren Kim (Catherine Haena) is visited by four loves from her past, kicking off with her teenage boyfriend. Can they show Lauren the error of her romantic ways? Will she put her relationship with Nate over her dream job? And will she find everlasting love?

WORDS: LARA NUGENT AND LOUISE BULGIN
PICTURES: NETFLIX.COM/BSKYB.COM/IMDB.COM/ALAMY

Elsa McAlonan

BEST BEAUTY BARGAINS UNDER £10

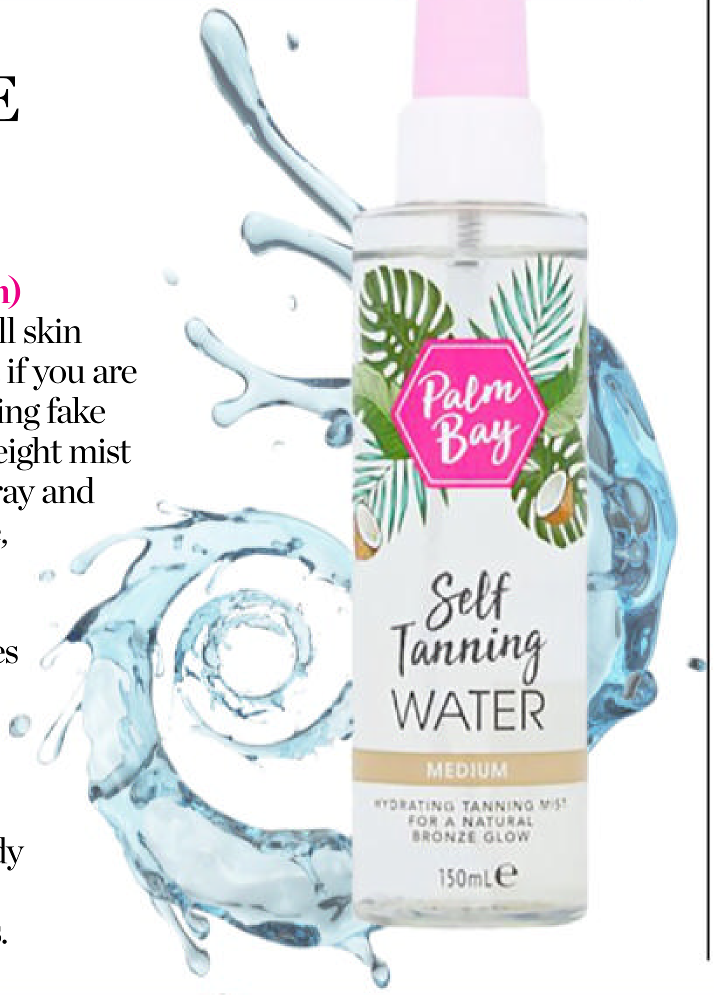
PARTY TANS

A tan for Christmas? Since most of us won't be getting anywhere near a beach to catch the real rays, faking it with self-tanner is the best way to go. Faces need something that works instantly to warm up a dull complexion – and we know that sparkly dresses look better with a golden tan. Skin that hasn't seen the sun for months will benefit from a swish of sun-kissed shimmer. Some of the best tanners can be picked up from the supermarket shelves while you're doing the big Christmas food shop. Here's how to get your party glow on for under £10.

1

GENTLE GLOW

Palm Bay Self Tanning Water
(£4.50, tesco.com)
This is good for all skin tones and perfect if you are nervous about using fake tan, as the lightweight mist is effortless to spray and produces a subtle, just-back-from-holiday radiant glow, which comes out four to eight hours after you've applied it. It can be used on your face and body and is ideal for first-time tanners.


Palm Bay
Self Tanning WATER
MEDIUM
HYDRATING TANNING MIST FOR A NATURAL BRONZE GLOW
150mL℮

Dove
NOURISHING BODY CARE
visible glow
self-tan lotion
MEDIUM–DARK SKIN
NutriDUO

3

BEST FOR LEGS

Dove Visible Glow Medium to Dark Self Tan Lotion
(£7, boots.com)
This fast-absorbing lotion contains a blend of essential oils to help keep your skin feeling soft and silky and can be built up to produce a healthy-looking hue. For best results, apply evenly with a tanning mitt and you don't need to spend a fortune on a good one. Try Velvotan Self Tan Mitt (£2.40, tesco.com)

2

FAST DRYING

Tantastic Fast Drying Self Tan Liquid
(£7.99, amazon.co.uk)
This goes on smoothly and dries in seconds – always good to know if you, like me, leave self-tanning to the last minute. The formula contains glycerine, which means it glides on smoothly and helps to avoid any streaking. If you still have the remnants of a fading Summer holiday tan, this will do a perfect job of topping it up and can be used on your body or face.

TANTASTIC
LIVE FAST, LOVE FAST, BEAUTY
FAST DRYING SELF TAN LIQUID
M

4

SIXTY-MINUTE TAN

Cocoa Brown One Hour Tan Mousse Medium

(£5.33, justmylook.com)

If you're in a rush (and who couldn't do without more time at the moment?), this does what it says it does and will give you a deep bronzed look in an hour. The vegetable derived DHA (the ingredient that produces the tan) is natural and the non-sticky mousse dries in seconds. It smells nice, too – with an exotic floral fragrance – nothing like those whiffy fake tan products in the old days!

Medium
MOUSSE
COCOA BROWN
TAN LOVE
4.9 OZ 139.5g

HEAVENLY SCENT

If you're looking for a last-minute present for the beauty queen in your life, you can't go wrong with this golden bottle of perfume with a right royal name. New on the shelves at Aldi, Lacura Her Reign Eau de Parfum (£6.99, for 100ml) smells very like – and has obviously been inspired by – the luxury Creed Aventus For Her Eau de Parfum (£260 for 75ml, John Lewis). Aldi's version might not have as much staying power, but at this price, you can afford to spray away whenever you like.

Lacura
HER REIGN
POUR FEMME

5

TAN WHILE YOU SLEEP

Solait Overnight Tan Mask with Collagen

(£5.31, superdrug.com)

This is the easiest way to add a healthy glow to a Winter-worn complexion. All you do is apply this to cleansed skin before you go to bed and you'll wake up with a fresher-looking face. It contains collagen, which boosts elasticity and makes your skin firmer.

SOLAIT
SELF TAN SLEEP MASK
WITH COLLAGEN
GRADUAL
For Face
Long-lasting
Hydrating

ST. MORIZ
PROFESSIONAL
INSTA-GRAD
SHIMMER TAN
MEDIUM
200ml 6.76 US FL.Oz

6

INSTANT GLOW

St Moriz Professional Insta-Grad Shimmer Tan

(£4.65, superdrug.com)

This works instantly to give you a glow that is long-lasting and as it's transfer-proof, it shouldn't come off on any clothes or your sheets. Once you do rinse it off, you'll be left with a light bronzed gleam. The formula includes aloe vera and vitamin E to keep your skin moisturised and hydrated.

GARNIER
AMBRE SOLAIRE
Natural Bronzer
SELF TAN MIST
Body
Quick drying
Results in 1 hour
Lasts up to 1 week
Nourishing Apricot Oil
Intense

7

EASY TO APPLY

Ambre Solaire No Streaks Bronzer Dark Self Tan Body Mist

(£7, asda.com)

This spray allows you to reach those tricky-to-tan areas such as the feet, hands and back and gives a sun-kissed finish that develops in an hour and lasts for up to a week. The plant-based formula is enriched with nourishing apricot oil and helps to make your skin feel soft and smoother, too.

8

NATURALLY BRONZED

Garnier Summer Body Hydrating Gradual Tan Moisturiser Dark

(£4.32, lloydspharmacy.com)

Summer might seem like a long way away, but don't worry about the name of this, the gradual tanner can be used all year round to give you a natural bronzed look. It has a moisturising formula enriched with apricot oil and unlike some tanners, this can be used on your face and body.

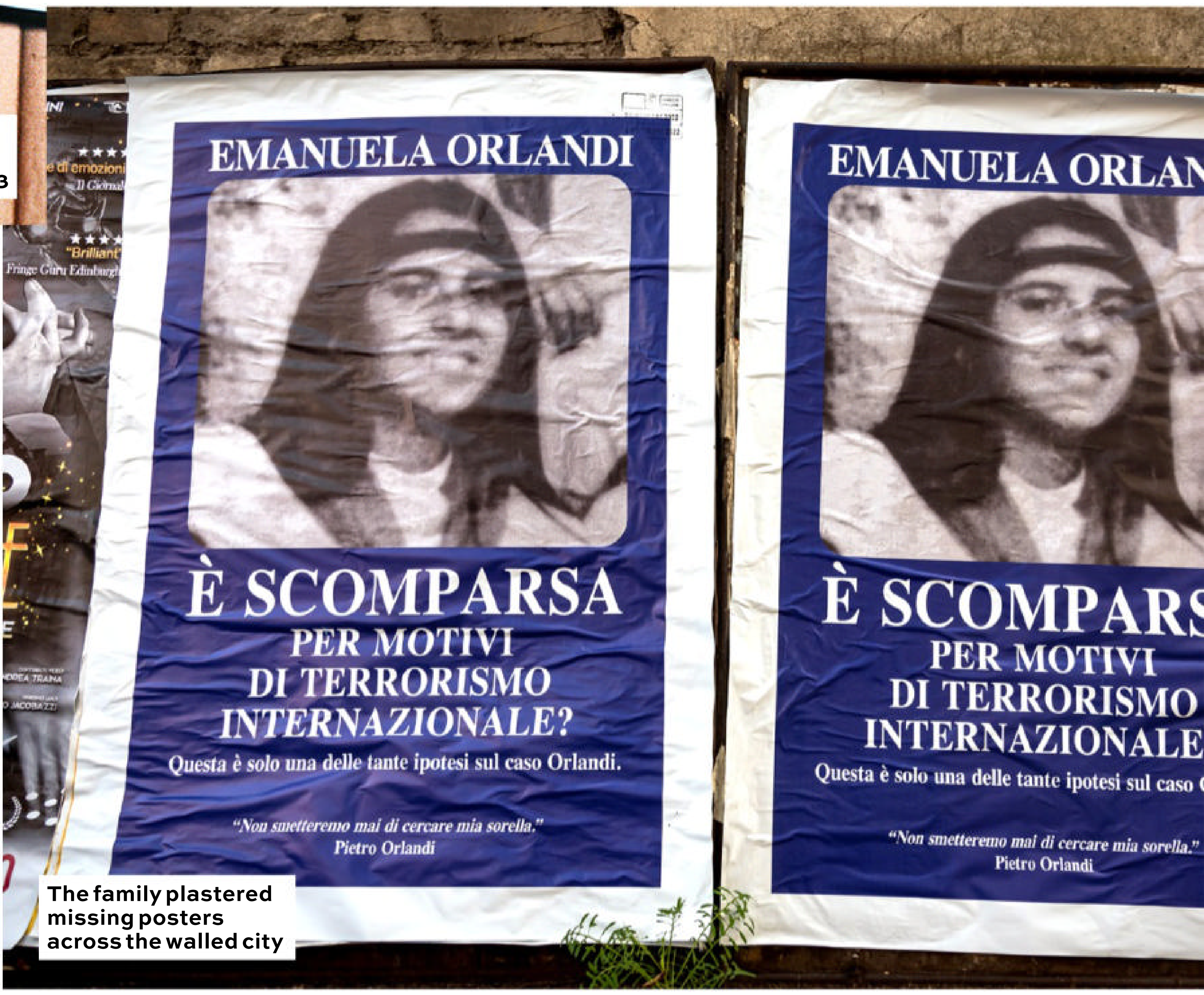
SUITABLE FOR FACE AND BODY
GARNIER BODY
Summer Body
MOISTURISING LOTION
SUN-KISSED GLOW
Apricot oil
Botanical origin tanning active
Gradually builds a natural bronze tan
DEEP SUN-KISSED GLOW
24H HYDRATION

PICTURES: GETTY, PAUL BULLER

The mystery of

Suspicion has swirled since the disappearance of an Italian teenager, but almost 40 years on, her family are still waiting for answers...

Emanuela went missing after her flute lesson in 1983



EMANUELA ORLANDI
È SCOMPARSA
PER MOTIVI DI TERRORISMO INTERNAZIONALE?
Questa è solo una delle tante ipotesi sul caso Orlandi.
"Non smetteremo mai di cercare mia sorella."
Pietro Orlandi

The family plastered missing posters across the walled city

Emanuela Orlandi and her family lived an apparently charmed life. Her father, Ercole, worked as an office clerk in the Vatican, so he and his wife, Maria, and their five children – Pietro, Natalina, Emanuela, Frederica and Cristina – all lived in an apartment in the world's smallest country.

'The Vatican gardens were available to us as if it was our own back garden,' remembered Pietro. 'We felt we were in the safest place in the world.' Pope John Paul II would often stop and talk to the children.

On 22 June 1983, 15-year-old Emanuela Orlandi travelled to her flute lesson in Rome, just outside the walls of her Vatican City home. She usually went by bus but that day, she'd asked Pietro for a lift. Busy, he'd told her no, and she'd stormed out of the house.

It was a journey she made three times a week. It should have been a safe one and, indeed, she arrived safely, albeit late. She called home and spoke to her sister, Cristina, telling her she'd been stopped on the way to her class by an Avon representative, and offered a job.

The pair arranged to meet later that evening – but Emanuela had never shown up.

Her terrified family alerted the police, plastered the Vatican with missing posters, and even printed their phone number in the paper.

Even the Pope mentioned her disappearance in his weekly address to the waiting crowds 12 days later. 'I would like to express the heartfelt feeling with which I join the Orlandi family who suffer for their 15-year-old daughter, Emanuela, who has not returned home since Wednesday 22 June,' he said. 'I share the anxieties and the anguished trepidation of the parents. We will not lose hope in the spirit of humanity of those who are responsible in this case.'

Despite their efforts, Emanuela never did come home. Her family insisted she would never have gone missing of her own accord.

But if that wasn't the case, then what *had* happened to her? The other theories that were put forward in the following months and years were far more chilling.

Some said she'd been kidnapped as part of an attempt to blackmail the Vatican into releasing Mehmet Ali Ağca – a Turk jailed in 1981 for trying to assassinate Pope John Paul II.

Other people believed that she was a victim of organised crime, with investigators looking into the possibility that Emanuela had been kidnapped by members of the Banda della Magliana (the Magliana Band) in an attempt to recover money lost by crime groups when the Banco Ambrosiano, a Vatican-linked bank, collapsed.

Others still alleged that the Vatican itself was involved, after a school friend of Emanuela's claimed that she had been sexually assaulted by 'someone close to the Pope' in the weeks before her disappearance. This is an accusation the Vatican strongly denies.

Yet, in 2017, leaked documents allegedly revealed thousands of pounds spent

the Vatican Girl

Instagram/Netflix.Latinoamerica

In happier times: all the family including younger sister Cristina

Pietro will always regret not giving his sister a lift that day

Parents Maria and Ercole never gave up hope

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on the Vatican 'citizen', Emanuela Orlandi.

An investigative journalist discovered that Emanuela had supposedly been sent to a south London convent for more than 14 years and the charges suggested that the Vatican could later have paid to have her body sent back to Italy. Had it somehow covered up her death?

Nothing has ever been proven.

After nearly four decades, a new Netflix docu-series *Vatican Girl: The Disappearance of Emanuela Orlandi* speaks to her remaining family and the devastation her disappearance has caused them…

THE SISTER: CRISTINA

Emanuela's siblings were all left shattered by their sister's loss and none more so than Cristina, who had been due to meet Emanuela after her classes that fateful day.

Cristina remembers arriving at the spot where she and her sister had arranged to meet, and waiting and waiting. When Emanuela failed to arrive, she eventually gave up. 'When I got home, I went in and asked, "Is Emanuela back?"' she told the Netflix series. 'Mum and Dad said "No, not yet, why?" I said, "It's just that we were supposed to meet up and she never showed up, so I thought she'd already come home."'

It was those words that prompted the family's frantic search for Emanuela. Even now, 39 years later, Cristina recalls just how terrifying the first few days of the search were. 'I shut myself in my room. People were constantly coming and going over the following days and that's all.'

THE BROTHER: PIETRO

Emanuela's older brother inadvertently became the family spokesperson and was seen to be the driving force in the search for his sister.

'She was supposed to be rehearsing that day for the end-of-year school show. She was carrying her flute and the leather bag she always wore on her shoulder.' He explained on the show that, as she was running late that day, Emanuela had asked him for a lift. 'Since I couldn't, I repeatedly told her, "I can't, I can't." But I could have taken her if I'd wanted to. Maybe in that moment I was just being lazy. I regret that so much now.'

Pietro speaks passionately in the programme about the 'desperation', 'distress', and 'upset' their family felt after Emanuela's disappearance and talks of their mum harrowingly begging, 'Did you find her?', after their initial searches. 'Silence is the most distressing thing a family can experience,' he admits. 'Because that silence can mean anything…'

'I can't wait to hug her again. Now or when I die, we will meet again'

THE MUM: MARIA

Now 92, with bright blue eyes, it's easy to see the pain – and determination – Maria has carried for years. 'I've been waiting for her,' she still says now. 'I can't wait to hug her again. Now or when I die, we will meet again.'

Maria has continued to fight for Emanuela's return, even after losing her husband, Ercole, back in 2004. 'The thought of her is always present, of Emanuela, and she gives me strength and courage. Unfortunately, you know nothing and so, you're always praying to the Lord. If you don't have prayer, then you have nothing in life.'

● ***Vatican Girl: The Disappearance of Emanuela Orlandi* is available on Netflix now.**

WORDS: *LOUISE BULGIN* PICTURES: *GETTY, INSTAGRAM, OLYCOM SPA/SHUTTERSTOCK*

MADDIE AND THE ADMIRAL

BY BEVERLEY BYRNE

The Ship Inn overlooks the harbour around which cottages cling like drowning sailors to a life raft. Thatched, beamed and beloved by locals it is, according to new landlady Maddie, ripe for renovation. Decorators are booked and soon the fusty interior with nicotine-coloured walls and oak furniture will be swept away in a torrent of modernisation.

Maddie has inherited from the previous landlord, Mrs F, a rosy-cheeked cleaner-cum-barmaid, and her nephew Dean, the so-called 'chef'. Dean's signature dish is egg and chips and he's finding Maddie's 'fancy' culinary instructions incomprehensible. By spring the skittles alley will be converted into a world-class dining experience. Then former restaurateur Maddie will be engaging more professional staff.

'After you've cleaned the bar,' Maddie instructs Mrs F, 'please take down the chintz curtains and horse brasses.'

Mrs F, polishing beer pumps with salacious strokes, replies, 'The Admiral don't like change.'

Assuming he's one of the dusty regulars who regard Maddie with the wary eye of a sheepdog defending its flock, Maddie asks, 'Which one's that?'

Mrs F flicks her duster towards the portrait hanging over the inglenook fireplace.

'That's him. He were landlord here after the war.' The face portrayed in oils is matinee idol handsome. Wearing uniform and a monocle, he's holding a glowing cigar, a rakish smile hovering at his lips.

'My gran loved the Admiral. She worked behind the bar back then. Said he loved a laugh, joke and a sea shanty,' Mrs F continues. 'A ladies' man too. He'll be right taken with a pretty woman like you.'

'Are you telling me that this pub is haunted?'

Noting the present tense, Maddie snaps, 'He must be dead by now.'

'Oh yes, heart attack. Right where you're standing.' Mrs F indicates a flagstone worn shiny through centuries of footfall upon which Maddie's elegant mules are planted. She takes an involuntary step sideways. 'Gran was devastated. Said he were belting out *A Drop of Nelson's Blood* when he were taken but he so loved his pub he never left.'

To emphasise her point, Mrs F hums the *Ghostbusters* theme.

'Are you telling me The Ship is haunted?'

'Let's just say the Admiral still likes everything kept ship shape.'

'Ridiculous,' Maddie said. 'And you can take that portrait down. It doesn't fit with my vision.'

'He won't be happy,' shrugs Mrs F.

'He'll have to get used to it.'

Next morning, the Admiral's portrait is still there. Stomping upstairs, Maddie hears Mrs F chattering to herself while cleaning the B&B rooms popular with coastal trekkers. Pausing beside Room 5 with the ridiculous four-poster, Maddie overhears Mrs F saying in conspiratorial tones, 'And she'll be doing away with your old bed an' all.'

Maddie bursts through the door. 'Who are you talking to?'

'Only the Admiral. I was just telling him about the changes you'll be making to his pub.'

'His' pub indeed. Mrs F is clearly peculiar. Maddie can't wait to sack her and dopey Dean but since they're related to half the village, it seems ill-advised at present. Maddie, swallowing her irritation, says, 'Well Mrs F, The Ship's mine now and I don't need approval from a long-dead landlord. When you've finished can you take down that portrait, as requested.'

Mrs F bristles. 'First thing I did this morning. I always does what I'm asked.'

'Well. It's still there.'

'Naughty Admiral,' Mrs F scolds to thin air. 'That'll be his little joke. The last landlord was a devil for leaving dirty glasses on the bar and dishes in the sink. Came down one morning to find them lined up on the floor in the shape of an anchor and beer gushing from the pumps. He soon mended his ways.'

'You're telling me a ghost did that?'

'Ask anyone. Best not mess with the Admiral.'

In September, the decorators recommended by Mrs F call to say 'unforeseen circumstances' mean they can't begin until after Christmas. Contacting other local firms proves fruitless. The embracing cliffs make internet and mobile access nigh-on impossible so Maddie drives miles across infinite moorland to find a signal and make inquiries further afield. Mysteriously, she never receives a response.

Throughout autumn and into winter, the village is often cut off by roiling seas and mist-wreathed moors. In the evenings, villagers gather around The Ship's log fire to gossip or play cards. Maddie finds the gentle hubbub burbling round the pub's ancient walls strangely soothing, like listening to bedtime stories as a sleepy child. Occasionally, old Mr Mullins brings his concertina and voices splice together in folksy harmony. One night when Maddie joins in and rewarded with a warm round of applause, she thinks The Ship feels like a haven from the storm.

Modernisations grind to a halt. However many times Maddie supervises Mrs F replacing fox hunt motif lampshades and cushions with chic contemporary designs, the originals find their way back. Suspecting Mrs F or Dean, she sets a trap. Having thrown out a model galleon made 'by the Admiral himself', Maddie sleeps in the bar on a blow-up mattress. Ice-cube cold, she wakes from fitful sleep with her nose twitching to the scent of cigar smoke. Sitting bolt upright, she's shocked to see the galleon back in its place on the window ledge above the settle. Peering up at the Admiral's portrait, she opens and shuts her eyes. No, she does not imagine his triumphant smile and cigar tip incandescent in the dawn gloom. Yet Maddie is not afraid. She laughs and says out loud. 'OK, I give up. You win.'

As Christmas approaches, Maddie is resigned to The Ship remaining unmodernised. The pub's soporific atmosphere envelops her and she revels in leisure time spent reading or exploring the wild landscape wearing the sou'wester found in the attic. The Ship's routine is comforting as a cot blanket. The locals relax in her company. When Mrs F says a New Year's Eve party is a Ship tradition, 'mince pies, mulled wine and all', Maddie glances at the Admiral and says, 'I expect he'd like an invitation.'

'He won't need no invitation, dear,' Mrs F laughs.

On party night, a savage wind whips up waves in the harbour. Inside the cosy bar swathed in holly and ivy gathered from the moor, local villagers are greeted by the aroma of spiced wine and candle wax. Dean hands round trays of sausages and hot mince pies. *Auld Lang Syne* is sung while a contented Maddie pulls pints and questions why she wanted all this to change.

The door blows open. Silhouetted against the black night is a figure in naval costume. Brass buttons glint in the candlelight. Maddie holds her breath. Hilarity and hubbub cease. In silence, the figure strides towards the bar. The all-too-familiar handsome face is fixed on hers. His rain-spattered monocle glints in the candlelight. Maddie steps from behind the bar and faints into his arms like a Victorian heroine.

When she comes round, Mrs F and the Admiral are kneeling beside her. Hypnotised by conker-brown eyes magnified by spectacles, Maddie tries to speak but Mrs F pats her hand and says, 'This is my grandson, Keith. His ship's just docked in Plymouth and he's come straight home on leave. Sorry if he gave you a bit of a turn.'

'I see The Ship finally has a handsome figurehead at the helm,' Keith says approvingly. He helps Maddie to unsteady feet and tenderly cradling her elbow, he points towards the portrait. 'I heard you were thinking of making changes. Great-Grandfather will be glad to see you've left the old place as it was.'

Glancing up at the Admiral, Maddie's sure he gives a satisfied wink.

PICTURE: *GETTY*

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See the world through JENNY'S FUN-TINTED LENSES...

Our fabulous and funny columnist, comedian **Jenny Eclair**, is here to tell it like it is, in her own witty way...

2022 THE HIGHLIGHTS

As this year rattles to a close, I'm not quite sure how I feel about 2022. Politically and economically it's been a bonfire, but personally I've been pretty damn lucky.

Considering that I'm 62 and fully expected to have been consigned to the scrap heap by now, weirdly this has been one of my busiest years. Not only have I been having a ball on tour, but I also lucked out with some wonderful telly jobs.

These included stints on two of my favourite shows, *The Great Pottery Throw Down* and *Taskmaster*. *Pottery Throw Down* is a celeb special, scheduled for Christmas Day, and ranks amongst one of my favourite jobs of the year.

That said, I have to say that clay is a devious mistress and I'm not planning on installing a kiln or wheel in my kitchen any day soon! As for *Taskmaster*, that's under wraps until March, but I have never felt more hysterical or laughed so much, than during the filming of that series.

But with the highs come the lows, and Channel 4 cancelled my afternoon art show *Drawers Off*, for the simple reason that not enough people watched it. I'm not ashamed to admit that this was gutting, as I loved filming every episode and I will miss it.

But for every rain-sodden cloud, comes a silver lining and this year's happiest event was back in July, when my grandson, Arlo Jude, was born, arriving an hour after his mother and father got to hospital. As the brand-new dad said, a few hours later, 'We didn't have time to put up the fairy lights'. Ha, the way I see it is that you plan a birth with as much detail as you like, but in the end the baby decides, and who cares, as long as the outcome is happy. Arlo gives me enormous joy, he is a big, bald, bouncing, baby boy who likes looking at trees and smiling at his nana.

As a freelancer, I have no idea what 2023 will bring me in terms of work, I know there's a tour lined up for the Autumn, and I have a book deal to honour. However, nothing in my business is ever really set in stone, so it's nice to know the one thing I can rely on is a hell of a lot of baby-sitting! Bring it on.

> 'At 62, weirdly, this has been one of my busiest years'

Will 2023 see Jenny on the *write* path?

The star can now add babysitter to her résumé

Instagram/jennyeclair1960

Don't miss *Pottery Throw Down* on Christmas Day

PICTURES: ALAMY, CHANNEL 4, GETTY, INSTAGRAM

Your stars
for the year a

ARIES
(21 Mar-20 Apr)

LOVE Use your innate charm and charisma to attract social, creative and romantic opportunities between January and March. Relax and let your excellent social skills do the work. Are you single? Don't be surprised when in April, you end up throwing yourself into a love affair with energy and enthusiasm. If you already have a partner, plan a glamorous trip together. Autumn will see you ready to embark on a romantic adventure – this would be a great time to explore unfamiliar horizons.

LIFE Friends will be astounded by all the lucky breaks you seem to be receiving during the first half of the year. You radiate positive energy and it will be virtually impossible for anyone to resist your charm. Seize any chance that comes your way to go after your heart's desire, whether it is a lovely home, fairytale romance or a dream job. Travelling off the beaten path will bring the most delight during June and November.

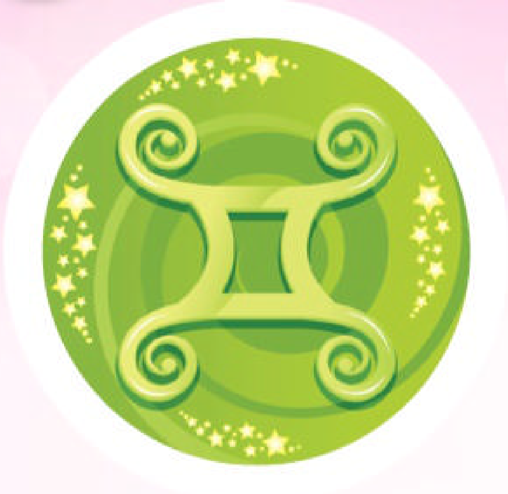
MONEY Raising money for a good cause will improve your own outlook as the year begins. Spring will bring a golden opportunity to cultivate growth. A profitable business project will be launched in the Autumn – expect to receive a big piece of this pie. Take charge of a joint account between the end of August and mid-October and you will discover hidden financial opportunities. As the year ends, protect your wealth with an investment plan that works for you.

TAURUS
(21 Apr-21 May)

LOVE A close and loving relationship will give you the courage to make some significant changes in your life. The end of March will be a particularly important time, romantically, while your ruler Venus is in your sign. Being in love will feel wonderful in the Spring. Are you single? Spending time with friends will be good for your emotional wellbeing. The more open you are about your feelings in November, the better your relationships will become.

LIFE Doing what you love will be the best and only way to realise your full potential. Don't force yourself to accept situations that make you sad or uncomfortable. Lean on your partner or best friend whenever your confidence falters. Accept a job opportunity that fills you with excitement in September – it will be like you are being paid for having fun. A new fitness regime will keep you active in the Autumn, while October will be a fun and romantic time.

MONEY The chance to increase your income will be worth pursuing as 2023 kicks off. A good way to improve your economic situation will be to cultivate happiness. A new job or the sale of property will bring greater financial security. Money can be saved in May by limiting travel and enjoying domestic pursuits like cooking, gardening and home improvement projects. Trying new things could result in some exciting money-making opportunities as the year ends.



GEMINI
(22 May-21 June)

LOVE The more varied your friendships, the more you'll grow. Exciting people will be joining your social circle. Joining forces with others to work towards a mutual goal will be emotionally fulfilling, while romantic developments in March will make you feel as if you are walking on air. In June, lavish your partner with love and affection. Single? Don't be surprised if you fall in love with someone you work or study with, while travel will improve your romantic prospects in November.

LIFE Rely on your creativity and intelligence to make important decisions. It doesn't matter what other people say, have faith in your own abilities. Adopt a lower profile while Mercury is retrograde between 21 April and 15 May as some shocking secrets could come to light. Accepting a job offer that will enable you to acquire valuable skills will be just the challenge you need in the Summer. Changing your career path will start a new adventure.

MONEY Having multiple sources of income will protect yourself from financial uncertainty. Doing two jobs at once will not be a problem for you or for anyone else you're doing business with, as long as you keep it all separate. Don't, for instance, perform tasks for one client while you're meant to be working for another. Get into the habit of saving some of your earnings – you might even have enough for a luxury break.

head

Celebrity astrologer Russell Grant reveals what's in store for your 2023...

CANCER

(22 June-23 July)

LOVE Your loving spirit and high levels of sensitivity will make you a popular figure as the year begins. Are you single? Someone who admires your compassionate soul will want to team up with you. The two of you will have some great ideas on how to raise money for a worthy cause. Spending quality time with your partner will bring you a sense of peace and happiness between 25 March and 20 May. Listen to a close friend or partner's advice before making any significant changes in November.

LIFE A fantastic career opportunity will be yours for the asking as 2023 gets underway. This chance to land your dream job could see you changing your priorities. Happiness in your career will be good for your relationships and family life and domestic pursuits will be enriching in the Autumn. Obey the impulse to go on a long journey as the year ends, while planning a trip for pleasure will give you something special to look forward to.

MONEY It will be through doing what you love that good fortune will multiply and grow. Jobs that draw on your creative skills will be advantageous. A contest, game or sporting event could lead to you receiving a prize or reward in the Spring. Be careful with your finances in the Summer and you should be able to keep on top of household expenses. Luckily, money from an inheritance or insurance pay-out will arrive in the Autumn.

LEO

(24 July-23 Aug)

LOVE Taking a romantic risk could pay off handsomely for you. Are you single? If so, someone who admires your generous spirit will ask for a date. If you feel an instant connection, don't play hard to get. If you think you and a partner have been drifting apart, sneaking off to a quiet hideaway to spend some quality time together will help to revive your relationship. A close and loving union will reach an exciting turning point in the Autumn.

LIFE You will be able to handle the extra work you take on in the new year as the situation is only temporary. Even so, you won't want to pour all your energy into your work without time off. A group outing in Spring will be well worth your time, money and effort, while expanding your horizons through travel or study will feel joyful in the Summer. If you find yourself thinking about taking up a new hobby in the Autumn, go for it – it will bring you great joy.

MONEY Someone who already owes you some money will ask for another loan. However, people need to start realising there is a limit to your generosity, so put your foot down. Neptune retrograde between the start of July and 6 December encourages you to take a few financial precautions, such as opening a savings account or taking out an insurance policy. Your aim this year should be to focus on saving your money, rather than spending it all.

VIRGO

(24 Aug-23 Sept)

LOVE Spending time in beautiful surroundings will fuel your creativity and improve your romantic prospects in the Spring. As you relax and feel more at ease, you will notice a distinct improvement in your relationships. You and a partner will enjoy an exciting interlude together in July. Single? Expect to meet someone special at a spiritual, sporting or cultural event. Your partner or a close friend will have fantastic news to share with you in December.

LIFE Taking charge of a community project in the Spring will teach you things about yourself. It might feel as if everything happens at once but because events are exciting and stimulating, this will make you more flexible. You will be reminded of a drama that occurred in the past as August ends. With Mercury retrograde at this time, dwelling too much on what has been could stop you from fulfilling your potential. Keep your thoughts in the present – and your future.

MONEY Even if money is tight, this shouldn't stop you having fun. There are ways to enjoy yourself without spending a penny. Enjoy activities and hobbies at the start of the year that do not require a lot of money. Your income could skyrocket if you accept a job offer in the Spring. This will mean a change of career direction, but rather than feeling nervous, you'll find it exhilarating. Establishing long-term financial security will be your biggest challenge.

Turn over for more

Your stars for the

LIBRA

(24 Sept-23 Oct)

LOVE January will be an emotional month for you as Venus retrograde will bring past family issues to the surface. Whether memories make you feel happy or sad, they're in your rear-view now, so let go to allow the future to unfold. Expect to experience some exhilarating and poignant moments in the Spring. A partner, pet or younger relative will need a lot of warmth and affection in the Summer and you will have ample love in your heart to share with all. Conversations will be meaningful as the year ends.

LIFE Getting in shape will be a big intention as the year begins. Don't look on a new exercise programme as being just temporary – make it a long-term objective. Continue with a fitness regime through Spring. Gentle exercise and a nutritious diet will strengthen your body. Your emotions might seem to be all over the place as the year ends: people might think you're being moody, but this will be your way of coping with some overwhelming experiences.

MONEY Take control of your finances in January. Start putting some cash into a retirement or savings account – having this nest egg will give you peace of mind, as well as more personal freedom. A desire to keep fit and stay healthy will bring some positive changes in your lifestyle. You will also be saving your money for purchases that bring authentic happiness.

SCORPIO

(24 Oct-22 Nov)

LOVE Somehow, during the first months of the year you'll make everyone you meet fall in love with you. A new friendship or romance will develop quickly when your partner's exuberant energy rubs off on you. This is a great time to team up with like-minded, vibrant people and move toward a life that is inspirational, exciting and varied. If you're in a long-term relationship, find some new ways to spice things up with your partner in the Summer.

LIFE With Jupiter in your career zone until May, wonderful business and social opportunities that draw on your creativity will be heading in your direction. This is your chance to build friendships with some of the most talented people in your area. Friends will be willing to go the extra mile for you in the Summer, because you're always there for them. Mars in your sign at the end of October will give you the courage to try something exciting and new.

MONEY An increase in income will have a positive impact on your family life as the year begins. Taking on more work will put extra pressure on you in March, but this will be temporary and you can withstand it. Splashing out without thinking about it won't be a good idea between mid-May and mid-July, so only indulge if you can afford it. A surprise job offer in October will require an immediate response. What you want most is to have a steady income.

SAGITTARIUS

(23 Nov-21 Dec)

LOVE A close relationship will transform your life profoundly. Your partner and others who are close to you are keen to hear your ideas about life and love. Single? You'll meet someone at a group event in March who will seek out your company. Shared experiences will be a great way to reach new understandings in all relationships. Abandon yourself to romance in the Autumn. Join forces with an adventurous friend as the year ends to enjoy the thrills and spills of some daring exploits.

LIFE Fight for what you believe in during the first half of the year. Refuse to let groundless doubts and other people's pessimistic comments hold you back – you don't have to please or satisfy conventional types who don't like to be challenged. Seek instead those who are inspired by fresh, exciting and provocative opportunities. You have the ability to reach your goals with the support of the right people. Someone who believes in you will encourage you to take an essential positive step in November.

MONEY Embarking on a freelance career could pave the way to financial security. You could make lots of money by offering something unique to the marketplace. Word will spread of your talent and by Spring, orders will come pouring in. Put money aside in the Summer, ready for household repairs in the Autumn. The end of the year will bring a series of bonuses that should improve your financial situation considerably.

year ahead

CAPRICORN

(22 Dec–20 Jan)

LOVE Trusting your instincts will help to move a loving relationship forward. You and a partner are both willing to put effort into making a joint commitment successful and you'll hit on a winning formula that works for you both. Trust and respect are fundamental to a healthy relationship and this gives you both a strong sense of security. Are you single? After a few failed dates, you'll meet someone special in December when you least expect it.

LIFE Boredom will be replaced by contentment in February as you devote more time to creative and artistic pursuits. By Spring, you'll feel ready to make changes to circumstances you've outgrown. Discussing hopes and dreams with someone who understands you will make them feel more natural. Loved ones will support your desire to expand your horizons. Mercury retrograde in your sign from 13 December will encourage you to walk away from a difficult situation, and breaking free from the past will feel liberating.

MONEY With the Sun, Venus and Pluto in your sign in January, this would be a good time to revise all financial arrangements and commitments. If you aren't getting your fair share of a joint fund, speak up for your rights. Equally, in group efforts, don't feel you have to assume more than your fair share of responsibility. You may have to issue an ultimatum to restore a balance of power. You could be celebrating a rise or a better-paid position in July.

AQUARIUS

(21 Jan–19 Feb)

LOVE News of a marriage or engagement will reach your ears as the year unfolds. You'll be looking for ways, too, to strengthen your own commitment in a close relationship. If money is tight and someone offers you the use of their holiday home in the Spring, take it. The break will do you good. Single? A holiday romance will lift your spirits – and you'll keep in touch after returning home. If you're feeling blue in Summer, pour all your energy into fun, creative projects to keep your spirits up. Let a loved one pamper you in December.

LIFE Developing a group creative project will have a tremendous ripple effect in Spring. Family, friends and people in your neighbourhood will benefit from your vision and a community project launched now will benefit generations to come. Dividing domestic chores equally will give you more time for your favourite activities in the Summer. You deserve to enjoy more leisure time to properly unwind – besides, life will have a more balanced feel when you make time to have fun.

MONEY If you're careful with cash and stick to your budget as the year begins, you'll be doing much better financially than in the past. Don't be tempted to throw caution to the wind in April and May, as retail therapy won't solve any problems. A home refurbishment project will help keep you grounded; working with your hands will fill an emotional void faster than a shopping spree. A big priority this year for you is to gain domestic and financial stability.

PISCES

(20 Feb–20 Mar)

LOVE A cherished wish will come true for you, and this good luck is all thanks to a romantic partner or close friend having your back. Friends seem to know the right way to support you to help you meet your goals. Are you single? You will be reminded of the phrase, 'once bitten, twice shy'. Someone you meet at a spiritual or seaside retreat in the Summer will soon give your life new meaning, so go for it.

LIFE Progress may be slow, but you can and will realise an extraordinary dream. What might seem like a small step at the start of the year could take you on an incredible journey. Saturn in your sign from 7 March will help to keep you practical and organised. You are aware that it will take hard work to get results, but you're willing to put in the necessary effort. A big change will keep you on your toes in the Summer, when the offer of a new job or promotion will fill you with excitement.

MONEY All you want as the year begins is to be more financially secure. The best way to take control of your finances is to set a budget and stick to it. Be honest about what you can and cannot afford – but don't let this stop you from dreaming. Remember, in all areas, visualisation can help you achieve your goals. If you hope to find a job that is creatively, emotionally and financially rewarding, August will be a good month to send out applications and attend interviews.

PICTURES: BIGSTOCK, GETTY

Meet my little

Wendy Gomersall sponsors a rescued miniature Shetland pony and he's a right little character...

A surprise birthday gift brought Wendy so much joy

Looking into his deep brown eyes and admiring his chestnut-coloured hair, there was no denying he was the cutest thing I'd ever seen. Standing at 28 inches tall and weighing 100kg, he was cuddly, cheeky and his pale, luscious eyelashes fluttered in my direction.

Bam Bam – my miniature Shetland Pony – had arrived in my life quite unexpectedly as a birthday present and I was mesmerised by him. I was happy that I hadn't needed to install a jumbo cat flap or turn my garden into a paddock as the gift was sponsorship rather than a new housemate.

Bam Bam was housed at Munchkins Miniature Shetland Rescue near Colyton in Devon and he was a contented soul.

While I could send Bam Bam treats, keep in touch via Facebook, and even visit him, he'd gone a long way to soothing my broken heart. Because weeks before, in October 2022, I'd lost my cat, Sid, was feeling stressed about Christmas and the state of the world – including the cost-of-living crisis.

But one look at Bam Bam's face and I felt calmer, especially when he trotted over to say hello. But he hadn't always been so happy...

Bam Bam had been born in 2011 – vets are able to judge a pony's age from their teeth. I learned that he

Neigh worries! Wendy with her pony pal

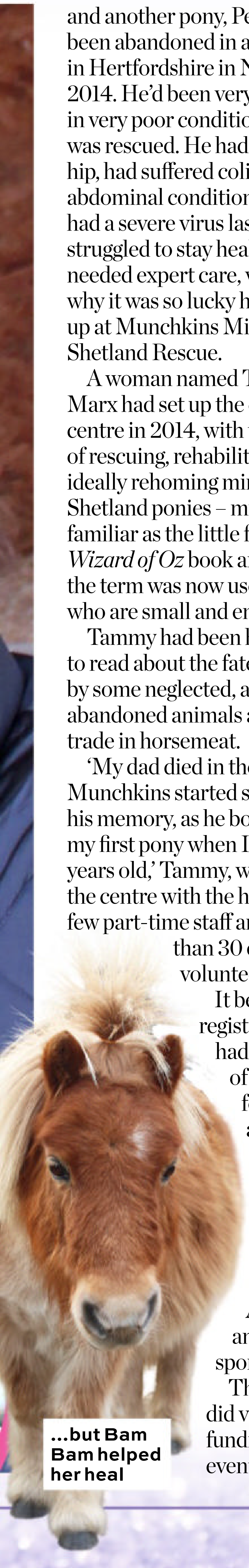
'If there's one thing I've learned'

'Animals – regardless of their shape and size – have so much love to give. It's hard to feel down when they are around.'

Tammy set up the rescue centre in 2014

Losing Sid was tough for Wendy...

munchkin!



...but Bam Bam helped her heal

and another pony, Pebbles, had been abandoned in a pub garden in Hertfordshire in November 2014. He'd been very thin and in very poor condition when he was rescued. He had a deformed hip, had suffered colic (a painful abdominal condition), and then had a severe virus last year. He struggled to stay healthy and needed expert care, which was why it was so lucky he'd ended up at Munchkins Miniature Shetland Rescue.

A woman named Tammy Marx had set up the countryside centre in 2014, with the aim of rescuing, rehabilitating and ideally rehoming miniature Shetland ponies – munchkins are familiar as the little folk in *The Wizard of Oz* book and film, and the term was now used for those who are small and endearing.

Tammy had been horrified to read about the fate suffered by some neglected, abused and abandoned animals and the trade in horsemeat.

'My dad died in the year Munchkins started so it was in his memory, as he bought me my first pony when I was 12 years old,' Tammy, who manages the centre with the help of a few part-time staff and more than 30 dedicated volunteers, told me.

It became a registered charity, had an army of Facebook followers and had the welcome support of Summerleaze Equine Vets in Axminster, among its sponsors.

They often did various fundraising events including a weekly Facebook auction as well as a sponsorship scheme, a Summer fayre and more.

They needed money for feed, hay, bedding, vet bills, hoof trimming, property maintenance, utility bills and massage and physiotherapy sessions – munchkins are very well-cared for once they arrive.

Tammy had even been awarded the Ken Cranage memorial trophy by the Horse and Pony Protection Association for Services to Equine Welfare, and Munchkins Miniature Shetland Rescue was also runner-up in the Equine Business Awards.

I was curious as to how these ponies ended up needing help. Tammy explained that a fashion and demand for smaller and smaller ponies prompted indiscriminate breeding of miniature Shetlands, resulting in hereditary health issues such as hind leg and dental problems.

Minis are generally under 34 inches tall, while an average standard Shetland is around 40 inches.

People bought them thinking they'd be cheap and easy to care for, but they were prone to laminitis – a painful hoof condition – then needed special feeding. Little ponies were often spoilt and could develop behavioural issues, resulting in rough handling as well.

In addition, sometimes elderly owners become too ill to care for their ponies or passed away and their family couldn't take these ponies on.

Tammy and her team have faced many heartbreaking cases of abandonment – ponies found wandering beside a road or left in a field to starve over Winter. They'd often arrive at the centre in a very bad physical state.

Their hope was that all rescued ponies would find kind new homes – the centre generally took in around 10 animals a year, usually rehoming them within a 30-50 mile radius of the centre on a long-term loan basis.

The ponies are well-cared for at Munchkins

> 'The little ponies give back almost as much love as they get'

Sometimes, a pony has just too many issues, even after months of loving care from Tammy and the volunteers. These munchkins will live out their days at the centre and are available to sponsor.

The current group of 42 residents includes cuties like Dandy, Bear, Daisy and Bijou, who's blind; Crumble and Popcorn, Rolo, Tiny Tim, Twinkle, Whisper and, of course, my darling little Bam Bam.

While Munchkins isn't open to the public, visits can be arranged for those who sponsor a pony, and it's something that's given me a new lease of life, especially when I was feeling down.

So, recently during a break in the wintry weather, I gathered up some appropriate horsey treats and decided to visit Bam Bam and his chums and met the lovely volunteers dedicated to rescuing these wonderful little animals.

What a joy it was to see a paddock full of cuddly munchkins running around, sniffing the cool air and nuzzling volunteers' legs for treats.

Bam Bam was a sweetie. 'He's cheeky and feisty,' Tammy told me, even though he was one of the smallest ponies. Because he was starving when he was rescued, he exhibits 'resource guarding' and gets very shirty about food and sharing it – or rather not! – even with best friend Lady, whom he adores.

I couldn't help smiling with delight at his cute topknot. He was just so adorable with his twinkly eyes, soft, silky nose and brightly coloured head collar.

Sponsors can send gifts to their pals of anything they need and even pay for pony massage.

As for the volunteers, they love the camaraderie, and agreed the little ponies give back almost as much love as they get.

I left feeling my *joie de vivre* restored a little.

Now, at 62, I'll be spending New Year's Eve sorting through the many photos I've taken of the miniature Shetland. Maybe 2023 won't be so bad after all... thanks to Bam Bam.

WORDS: *WENDY GOMERSALL*

SPONSOR A MUNCHKIN

To make a donation to Munchkins Miniature Shetland Rescue, or if you are interested in volunteering, rehoming or sponsoring, visit mini-munchkins.org. Sponsor packs come with an information sheet and extras, such as a car sticker, rosette or pen. You can also order a customised hand-knitted pony, £15.

1 to give away

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ONLINE: Save money by entering online at hearstmagazines.co.uk/best5222 by 6 January 2023.

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T&Cs: Winner will be selected at random from entries received by phone/online. We will use the information you provide to process your entry. For our privacy notice, please see hearst.co.uk/privacy-notice. For full terms and conditions, see below.

PICTURE: JENNY HILL

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For *Love Island*'s Davide Sanclimenti, this Xmas and New Year is all about girlfriend Ekin-Su, Italian family feasts – and a whole lot of bubbles...

'There's no party till we've popped the prosecco!'

Cin-cin! Davide can't wait to bring out the fizz

Davide Sanclimenti, from Frosinone, near Rome, swept the ladies off their feet in *Love Island*, with his good looks and humour – but no one more so than Turkish beauty Ekin-Su Cülcüloğlu, and the pair were crowned this year's winners. Here, we chat to the 27-year-old at an event for La Gioisa prosecco about party season and more...

Ciao, Davide! How's life changed since winning *Love Island*?

It's changed, of course. I work in a different environment; people recognise me on the street. Maybe now, people think I'm a 'celebrity' – but inside, I'm still the same person! I still have the same values. There's a lot of love for me and Ekin-Su, and fans are so polite.

What are your and Ekin-Su's Christmas/New Year plans?

We're spending it in Italy with my family – the last two Christmases, I couldn't travel home, because of Covid. My family have already met Ekin, though, and love her – they're just excited to see her again.

Will party season involve copious bubbles?

Of course! I have memories of prosecco since I was little. Though nobody in my family is a big drinker, my mum and grandma wouldn't let us get up from the table at Christmas or New Year before they'd opened a bottle, at the end of the meal!

Has Ekin learned any Italian to impress the *famiglia*?!

A few words, a phrase, she's getting better. I don't know any Turkish, though – I'm so bad. It's a very difficult language!

Do you feel pressure as a couple?

Look, if I wanted to leave Ekin, I could leave her tomorrow. I don't care about public opinion. But since we left the villa, we've only got stronger. I'm in love with her. We have the same mindset, and tell the same silly jokes at home.

People loved your humour on *Love Island*. Ever consider stand-up?

It's actually something I'd like to be good at. Do people really think I'm funny? My pals back home think I am... so who knows!

Are you still in touch with the other islanders?

I had a chat with Luca after he split from Gemma, to make sure he was OK. I wasn't surprised, though – inside the villa, there was affection, but I didn't see love.

Ambitions for 2023?

We had so much fun filming our show *Homecomings* in Italy, for ITV. Maybe we could do an around the world trip. Imagine, Davide and Ekin-Su do Japan...

● **Davide Sanclimenti attended the La Gioiosa Prosecco #AVeryItalianChristmas event at 100 Queen's Gate.**

Hunky and hilarious Davide won over the islanders – and fans

Davide and Ekin-Su are stronger than ever

> 'Stand-up is something I'd like to be good at'

WORDS: SHELLEY SPADONI PICTURES: GETTY, SHUTTERSTOCK
LA GIOIOSA IS AVAILABLE FROM MANY UK RETAILERS INCLUDING WAITROSE, TESCO, MORRISONS, SAINSBURY'S AND MAJESTIC WINES, RANGING FROM £8-£15.

Musicals Make Everyone Happy

Dame Emma Thompson had a ball playing the 'dark and delicious' despot Miss Trunchbull – the teacher in the new film version of *Matilda*...

Dame Emma Thompson will be terrifying families around the world this Christmas as Miss Trunchbull in new film, *Matilda the Musical*. The Oscar-winning actress spent three hours a day being made up to play the iconic headteacher in the movie version of the musical by Tim Minchin and Dennis Kelly, based on Roald Dahl's book. Here, the delightful Dame Emma, 63, who is married to fellow thespian Greg Wise, with whom she shares daughter Gaia and adopted son Tindyebwa, talks about her terrifying incarnation of Miss Trunchbull, how it was to sing live wearing prosthetics, secrets from the set and more...

Is Miss Trunchbull the most frightening person you've ever played?

Probably. I'd come on set and people would go, 'Oh, actually, I've got something to do over here.'

How tempting was it to FaceTime people in your Trunchbull get up?

Very – but I wasn't allowed. We had to keep it quiet and under wraps. But I did take the odd picture and then I'd show people. And that was such a laugh because people just go, 'Who's that?' They couldn't recognise me. Even my family just went, 'That's incredible.'

With hubby Greg Wise and their children

How did you feel to play such an iconic character?

Well, it's interesting because there's lots of different versions of her. In the book, she just shouts all the time. This version she gets quite quiet sometimes, which I think is very scary. And then in the first film, which of course isn't a musical, again, she's a bit more... shouty. I think there's something very genuinely sort of sinister about this version of Trunchbull – there's something of the camp commandant about her that's very dark, but sort of delicious. And the children loved watching it, they loved pretending to be scared.

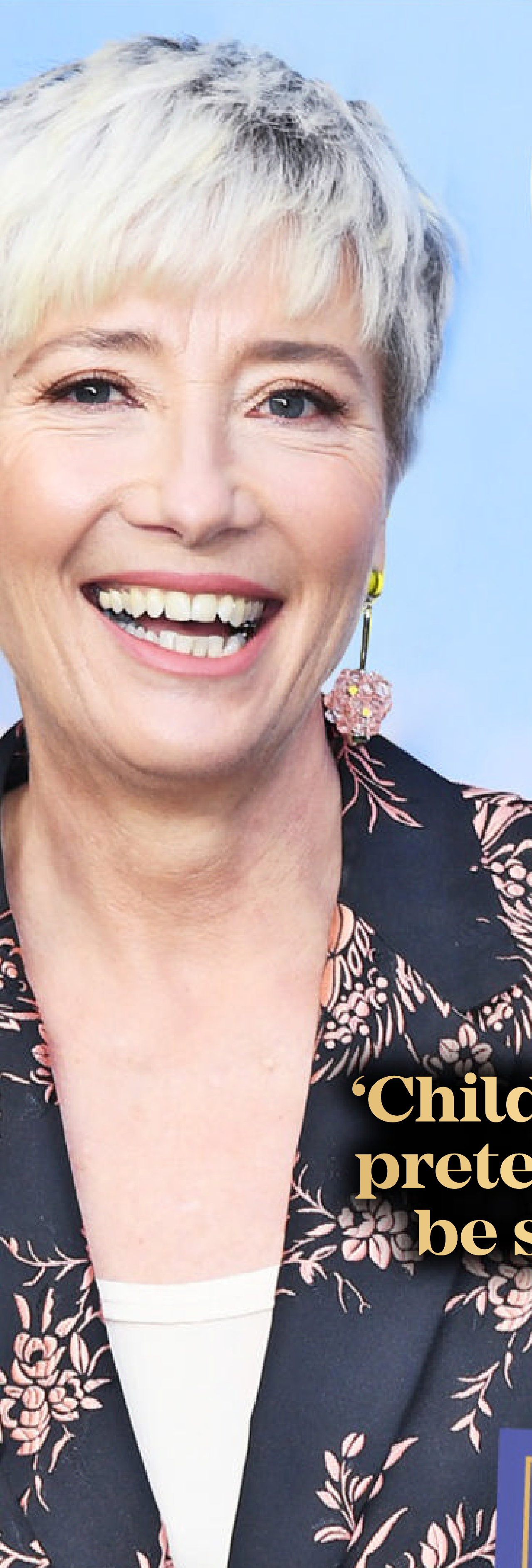
How did you enjoy the singing aspect?

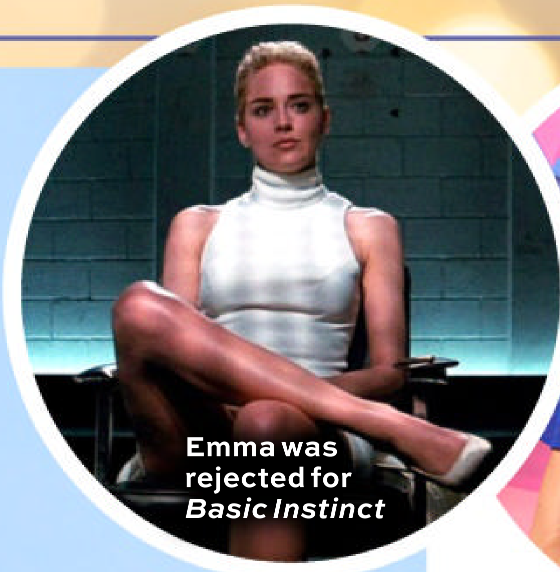
Actually, it was tough. You've really got to work it. But what was wonderful was that we were performing the songs live. And I think that's a real gift to the actor because you know you can't do it again. And you're not lip-synching to something, you're really doing it.

What about the prosthetics – did you have to gear yourself up to sing in them?

Yeah, you really did. You really just prayed for a good night's sleep because it was terrifying. In fact, there was a wedding in the hotel I was staying at the night before I had to do the first song, *The Hammer*, and they were playing trance music until five o'clock in the morning.

Dame Emma is unrecognisable as the villain





Emma was rejected for *Basic Instinct*

With Alisha Weir, who plays Matilda

I think there may have been Class A drugs involved. Anyway, I went downstairs and thought, 'Oh my god I've been kept awake all night by these people.' And actually, the only thing that got me through the day was my hatred of them. It was a form of energy that helped me to survive.

You've had an incredible career – but have you had many rejections?
Oh yeah, I got lots of 'Thank you but no, you're not quite right.' I do remember – this wasn't terribly upsetting under the circumstances, because I don't think I could have faced it – but I do remember Paul Verhoeven saying to me when I guess I was early 30s and went and auditioned for *Basic Instinct* and he said that I fell between two stools. And I thought, 'Mmm, I bet I do. What kind of stool are you talking about, Paul?' That was a very funny rejection. But yeah, I mean, there's been loads, of course, when I was young, absolutely.

Are you a fan of musicals?
Well, I was very lucky because I had an uncle who loved musicals. And so I got to go and see the original production of *The Chorus Line*. And *Hair*. But I was also in *Me and My Girl* in my early 20s for 15 months. And the joy of being on stage with an orchestra was unforgettable.

Musicals do make everyone happy...
If they're good. If they're bad, they can be quite depressing.

Miss Trunchbull had a statue with 'no snivelling' written on it. If you had a statue, what would it say?
It would say, 'I regret this'. Because the idea of having your own statue is just deeply, deeply unpleasant and regrettable.

Who was the biggest *Matilda* fan in the cast?
The whole cast, I think. I mean, everybody loved what they were doing. Nobody got bored or moaned – everyone was happy. I think the kids who have seen it, just love it. I reckon the whole cast are pretty big fans.

Do you have a teacher who stands out in your memory?
I had a wonderful teacher in my second year at primary school. I was a bit bullied at school because I was a bit fat and I had a plait. I just wasn't very popular. And so Mr Ray would say, 'It's fine. You're doing well, it's all OK.' And that was really, really helpful. I've never forgotten him.

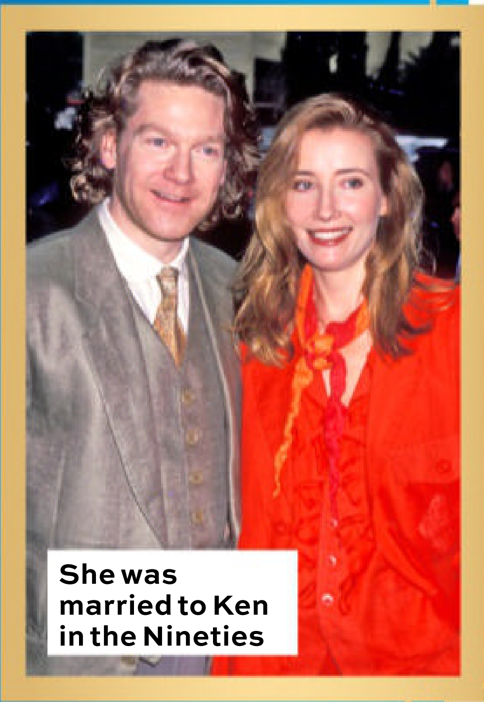
Miss Trunchbull wears some pretty amazing boots – did you keep them?
Obviously. Greg said, 'Oh you should bring those home!'

● ***Matilda the Musical* is out in UK cinemas now.**

'Children love pretending to be scared'

LOVE AND BETRAYAL

She famously played a betrayed wife in *Love Actually*, and Dame Emma revealed that she drew on her own experience for the role – specifically, first husband Sir Kenneth Branagh's infidelity, which included an affair with Helena Bonham Carter that ended their marriage. 'I was utterly, utterly blind to the fact that he had relationships with other women on set,' she said. 'What I learned was how easy it is to be blinded by your own desire to deceive yourself... I was half alive. Any sense of being a lovable or worthy person had gone completely.'



She was married to Ken in the Nineties

WORDS: *JENNY DAVID/HOT FEATS* PICTURES: *GETTY, NETFLIX*

‘He is now in the place *he wants to be’*

Do you believe in a spirit world? *best*’s columnist, psychic Lee Whyberd, left Sue from Northamtonshire feeling so reassured

WORDS: *SARAH WHITELEY* PICTURES: *GETTY*

World-renowned psychic, medium and healer Lee Whyberd, 52, continues to answer questions exclusively for *best* readers. For some lucky people, he is also offering a personal reading and healthcare assistant Sue Rumsey, 64, from Northamptonshire, who is married to Derek, 65, and has three children, Adam, 38, Matthew, 36, and Jasmine, 25, wondered what would come through during her reading. Here, she shares her experience...

Sue with her dad

Have you always believed in the spirit world, Sue?

Yes, I have. My mum was always quite a spiritual person and went for readings, and I think I got my interest from her. I’ve always been fascinated by it. When my mum passed away 18 years ago, I think that interest grew stronger.

Talk us through your reading with Lee...

My dad passed away in January 2022 and my main question to Lee was whether my dad had found my mum in the afterlife, and whether they were happy together again. He’d been on his own a long time and although he had the rest of his family, I always knew he missed her.

Right from the start, it felt like my mum and dad were sitting next to Lee, talking to me through him. He described them both to a tee, telling me how friendly and chatty my dad was and how Mum was much calmer, but very polite.

Lee knew that things weren’t sorted with Dad’s house and he told me to be strong, and that things would get better next year. He advised I reach out to a Joyce in the family – that’s Dad’s cousin, who I haven’t spoken to for a while. I’ll definitely be getting in touch with her! At the end of the conversation, Lee said, ‘Your dad says to tell you that he has always been in love with your mum and that he is now in the place he wants to be and is at peace with her.’ It was really emotional.

Can you tell us anything else Lee said?

Yes, he talked about my children. He said that one of my sons was going to ‘rocket’ and that although my daughter had been through a lot at school, having

Psychic Lee is here for *best* readers

Sue has always been fascinated by the spiritual world

With hubby Derek

Sue's dad is now at peace with her mum

been bullied, that next year was going to be very successful for her. It was also quite enlightening when he spoke about her relationship. 'They have things to work out,' he told me. 'But they really do love each other.'

He knew that I'd been married for a long time. 'You'll stick together through thick and thin,' he said.

He also said that I was feeling 'sluggish' at the minute and that word just hit the nail on the head as to how I've been feeling. Work has been really busy and I've been feeling shattered.

How did you feel after the reading?

I felt wonderful! It was an extremely personal conversation. For Lee to give so many details about my whole family was very comforting. I would speak to him every day if I could!

Did it help you?

It really has. When your parents pass over, you miss them and you want to know they're OK. For Lee to confirm that they are together again after so long apart, I feel really reassured.

● Readings start at £130 for 30 minutes. You can contact Lee directly on leewhyberd@gmail.com

Ask Lee Anything

What will the spirits say to you?

HELP WITH MY HEALTH?

I am a mum to David, we have a close bond and share similar interests, and he also has the same symptoms as me. I have had ongoing stomach and bowel problems, the last four years has been particularly difficult. I have had several tests but I don't seem to get anywhere! I cannot eat, so I'm on liquid nutrition and don't really have much of a life. I am retired after working with children. My time is spent doing lots of knitting for babies, which I enjoy. Do you see any spiritual guidance for me?

Carol, Bedford

LEE SAYS:

You are a lovely soul. Spiritually, I feel you need to balance your chakras. Do a solar plexus, chakra healing and balancing and reiki healing. It will be a lot better for yourself. I will send you love and light to help you on this journey.

IS THERE ANY LIGHT FOR HER?

My question is, will there be a light at the end of the tunnel, as my daughter Claire is going through a very tragic time at the moment. I feel so sad for her.

Sue, North Yorkshire

LEE SAYS:

I do see a light at the end of the tunnel. And, I feel the world will change for her in the most positive way. I see there's been dark clouds hanging over her head, but I do see changes happening. I feel these changes will happen in the second quarter of the coming year, but I do see the positive outcome coming for her. I see her taking a new pathway in her life and some of her dreams will be coming true.

Lee x

● Send your questions for Lee, and a photo of yourself, to asklee@hearst.co.uk

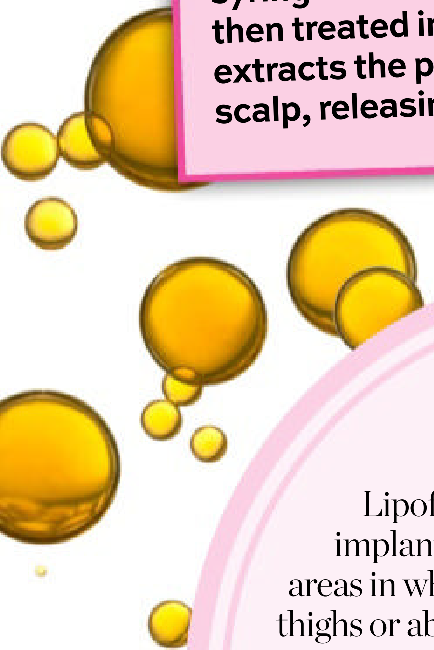
The new year BEAUTY REBOOT

Want a lunch-hour lift or a full body boost? Lesley Reynolds from the Harley Street Skin Clinic shares the hottest new treatments for 2023

HAIR-RAISING HEROES

Some 40 per cent of women suffer from hair loss or thinning. The good news is hair health is set to be one of the fastest-growing areas of the industry. One new treatment uses your own blood to boost thinning hair and help stimulate hair follicles. Four syringes of blood are taken from your arm and then treated in a specially designed machine that extracts the platelets. These are injected into the scalp, releasing growth factors to stimulate cell regeneration. A dermaroller featuring hundreds of needles is then used, which activates a wound heal response to boost follicles. Three treatments, a month apart, is recommended. From £999.

Also making waves is Hair Follicle Simulation. Similar to microblading, it helps disguise patchy hair loss and wide partings to give the illusion of fuller hair. The pigment used is matched to your hair and dots are 'drawn' over the thinning areas. You may need a course of three to six treatments, and results last up to three years. From £300.



BODY AND FACE SCULPTING

Lipofilling is a natural alternative to implants and fillers. It transfers fat from areas in which you have excess – such as outer thighs or abdomen – using a form of liposuction and after treating it in a machine, injects it back into areas lacking volume, like your face, breasts, hips, calves and hands. It can also correct scars, enhance lips and fill out cellulite dimples. In the early days of fat transfer, fat retention was a problem and as much as half would be lost, but thanks to the latest technology, 85 per cent or more can be retained, with results lasting up to five years. From £1,200.

THE KEY TO GLOWING SKIN

The microbiome is an important part of our skin health as well as gut health. Why? Our skin contains a microbiome as well, and new research shows that this ecosystem is critical for giving our skin a healthy glow. Searches for 'microbiome skincare' have increased by 1,050 per cent in the past 12 months. Look out for brands like Gallinée, which have formulated skincare with probiotics, prebiotics and postbiotics to help strengthen sensitive skin and calm conditions like eczema and acne.

TOOL UP

Whether it's IPL, micro-currents or light therapy masks, we can't get enough of tools that tone, contour, lift, depuff and shape. Expect the new generation of at-home gadgets to get more advanced. The recently launched Lyma Laser is touted to be the world's most powerful home product – 100 times more powerful than LED devices, it can treat everything from acne to wrinkles, sagging, rosacea and scarring. At around £1,500 it's pricey, but remember most professional laser treatments can cost up to £500 a session. Meanwhile, Foreo's new sonic massaging body brush, £129, can be used in the shower and will help exfoliate all over.

BESPOKE SKINCARE

Over half of us feel overwhelmed by the choice available, often using the wrong products. Expect to see more brands tapping into personalised skincare solutions and specialised treatments. Check out two newly launched services – Klira (from £49, klira.skin) and Lesielle (from £12.95, lesielle.com) – offering a personalised approach. You take the questionnaire to establish what your skin needs, then purchase the best products for you.

THE NEW NATURALS

Seaweed, already considered a vitamin rich-superfood, is now popping up in skincare. With searches for seaweed benefits on the rise, and experts singing its praises for its skin and health properties, seaweed is a natural wonder for most skin types. The 'new natural' trend will also include make-up with skincare ingredients. Anti-ageing blusher, anyone?

WATERLESS WONDERS

When it comes to sustainable formulations, innovations in waterless products will be taking off this year. SBTRCT Vitamin C Booster, £30, is a solid serum that features rosehip oil and sea buckthorn oil to add radiance to your complexion without any water necessary.

PICTURES: *GETTY*

● **For more information on Lesley and her clinic, visit harleystreetskinclinic.com. Got a question? Email LesleyandAamer@hearst.co.uk**

Share your story with *best*

Do you have a story you'd like to share with our amazing army of *best* readers?

We're looking for real-life stories from women just like you and your friends – and will pay up to £250 for all those that make it into these pages. Stories can be funny, sad, emotional, inspirational – just like some of the examples on this page. The only rule: they must be true.

Have you been on a diet that changed your life? Have you battled against tough times and come out fighting? Have you found love or happiness against the odds?

If you – or a friend – have a story to share, whatever the subject, do drop us a line, with your contact details, a photo and a brief outline of your story – ideally no more than 100 words.

Email us at louise.bulgin @hearst.co.uk

'Criminals stole my identity'

'He told me that HSBC had not sent a courier to my home. I went cold'

If you are the victim of identity fraud:

'I lost 7st and got a revenge body!'

Size 24

Size 10

'I hated how I looked and hid away in baggy clothes'

Typical day before

'Why I took the leap!'

'For a moment I was worried he might faint'

INSTA-glamour!

Contact us via Facebook at facebook.com/ bestmagazine

PICTURE: GETTY

A dog-gone miracle!

A blind puppy was destined to be put to sleep – until Samantha Hillstrom adopted him...

The handsome hound soon settled into his new home

There's no doubt our furry friends hold a special place in our hearts, but having a puppy can be extremely hard work. Toilet-training, vet bills, taking them for walks in all kinds of weather – the responsibility can be overwhelming.

So, imagine what it takes to adopt a blind dog. But that's exactly what Samantha Hillstrom has done – twice! And in doing so, she even saved the life of her newest pup.

'Becoming a dog mum to a special needs hound changed my life in ways I never knew were possible,' said Samantha. 'I never set out to adopt one blind dog, and I certainly never set out to adopt two blind dogs, but what anyone with a dog will tell you is, they find who they want in a family.'

Beau came into Samantha's life at the right time

Samantha already had 13-year-old Finn, a Poodle mix who was visually impaired, when she saw on a Facebook group that a lady called Jennifer Tripucka was asking about a halo for Nelson, a three-month-old puppy she was fostering.

A hula hoop halo helps blind dogs get around, check for potential obstacles and determine how safe it is to go in a particular direction.

'Jen and I live in neighbouring towns. I said I would be happy to share tips with her on how to take care of a blind dog,' said the 37-year-old. 'I rescued Finn as a senior, knowing he was blind.'

When the two started FaceTiming, Jennifer, 35, explained that Nelson had been born on a puppy farm but, because there were too many puppies and not enough demand, he and his siblings were going to be euthanised – until she stepped in.

'We fostered two out of the eight puppies that came,' the business owner from New Jersey explained. 'They get transported and the puppy mill just drops them at this transport that the rescue pays for, then they get the dogs. The dogs go to a boarding facility, and the foster parents go there and take the dogs to the home.'

'I truly believe that Finn brought Beau to me'

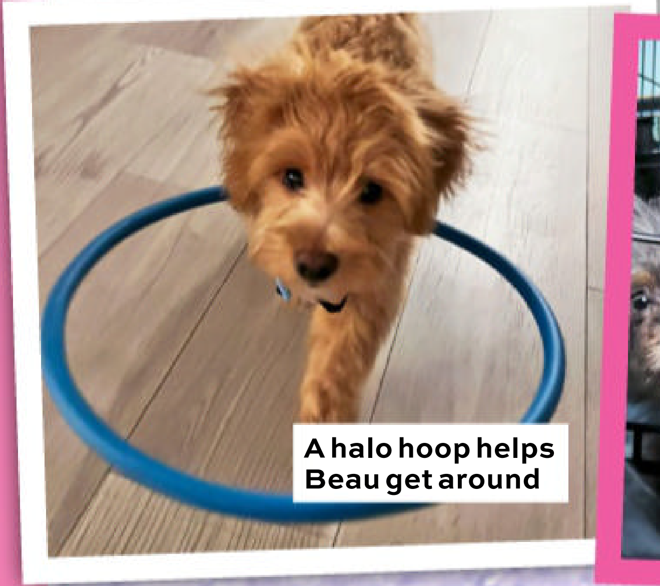
But as Jennifer and Samantha, both holding their dogs, talked, Samantha fell in love with the tiny Pomeranian poodle-cross and decided to apply to adopt him. After another six weeks, he was hers, and on 1 December 2022, Nelson (who has since been renamed Beau) moved in with Samantha and Finn. Devastatingly, Finn passed away just 36 hours later.

'I truly believe that Finn brought Beau to me,' Samantha said. 'If I was never Finn's mum and I never learned how to take care of a blind dog and take care of Finn, I never would have been able to take care of Beau.

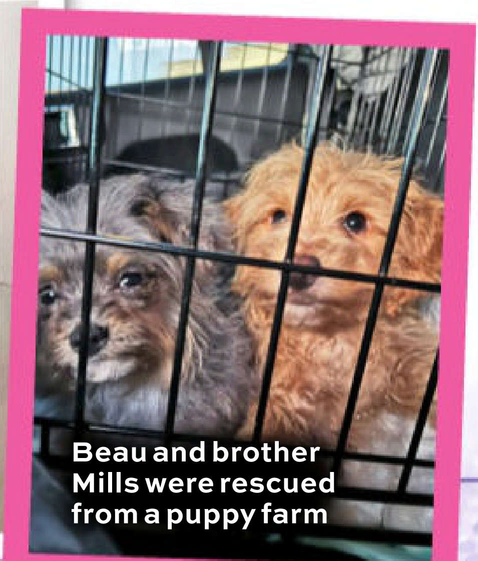
'It's a heartbreaking story and I can't believe my dog just died, but I do believe these things happen as they're supposed to.'

Samantha and Beau are already becoming close companions. Using his halo, Beau is learning to listen to Samantha's commands and find his way around the apartment.

Dogs are usually a man's best friend but, in this case, Beau couldn't have had a better pal than Samantha!



A halo hoop helps Beau get around



Beau and brother Mills were rescued from a puppy farm

WORDS: SARAH WHITELEY PICTURES: SWNS

DIY NYE *party*

Sarah Amory has created a fun room, perfect for gatherings and socialising

'I'm an admin manager for my family business, and I live with my husband, Gav, a builder, and our two children – Evie, 14, and Ronnie, 12 – in a four-bedroom detached Edwardian house in Cambridgeshire.

We bought the house in November 2014 and were lucky enough to already have a family living room here, so I decided this room would become a luxurious, grown-up space; full of sumptuous furniture and luxe accessories, and a Chesterfield was definitely on my wish list.

> 'I wanted it to be a luxurious, grown-up space'

The first thing I did was paint the walls in Hague Blue by Farrow and Ball, to create a bit of drama, and then I ripped up the beige carpets. The edges of the floorboards were painted black, which I liked, but, as seems to be the way in older properties, the middle was bare wood, so I covered the whole floor with a dark stain.

Then one day I was browsing eBay and this amazing retro bar popped up. It wasn't the cheapest buy, at £200, but I knew it was the perfect addition, especially as I'm a glass lover so could fill it with my collection. Accessorising was fun, filling the room with colourful cushions and quirky artwork, and my velvet curtains, a £10 Facebook bargain, finished off the look.

I wasn't sure what to put on the large expanse of wall behind the sofa, as I have the gallery wall next to it, but then I spotted this 'Sketched Female' wall hanging, from Housing Units (£159) and, with its gold tones, it felt perfect.

This Christmas and New Year's Eve it's going to be party time!'

1 Festive makeover

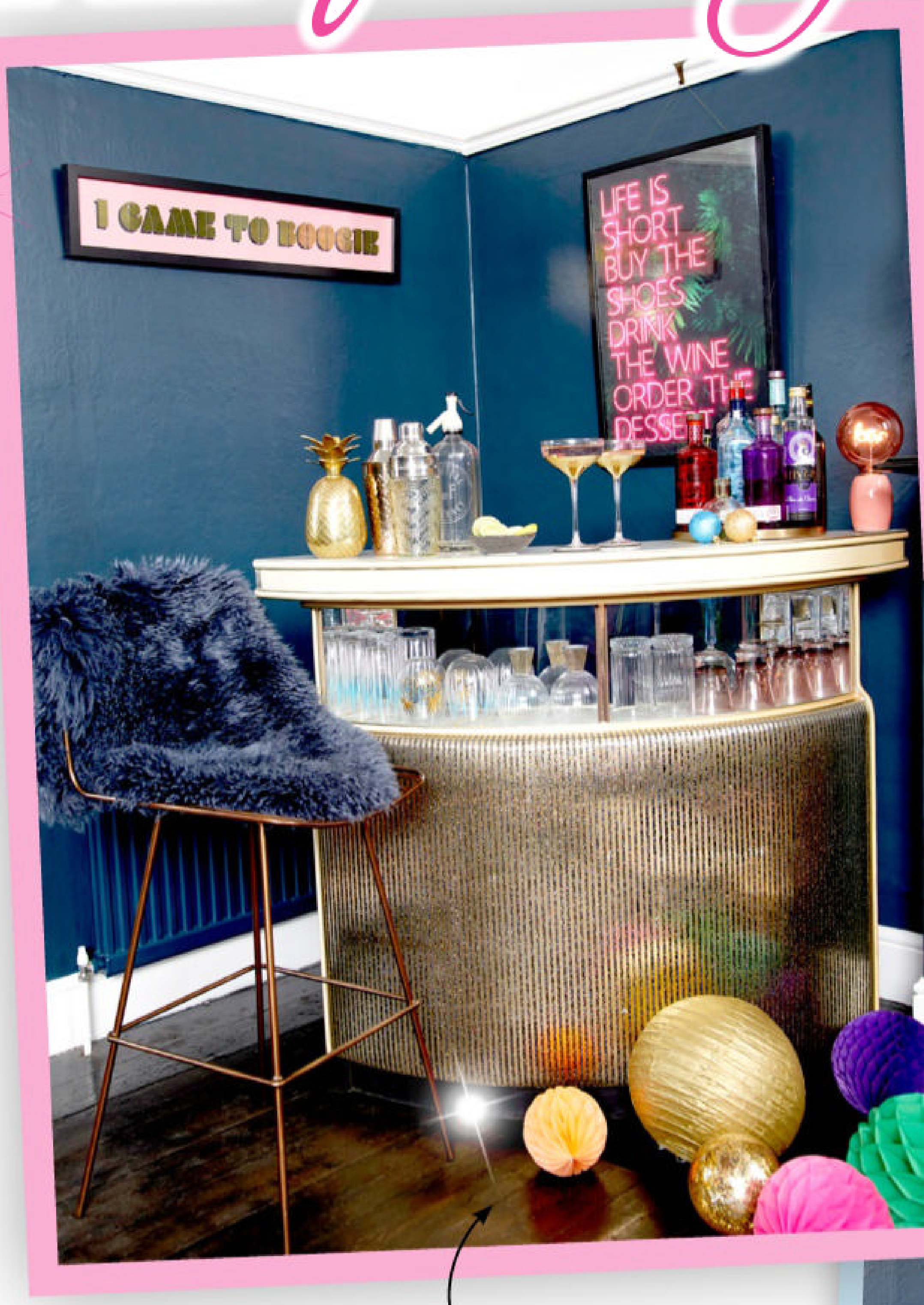
An easy way to transform a room is to fill a fireplace with loads of cheap, colourful paper pom poms and lanterns. Pick up a cardboard star for under £5 from Hobbycraft and spray it gold, then add a disco ball, oversized baubles, and lots of candles (though never leave a burning flame unattended), and finish off with gold accessories.

2 Build a bar

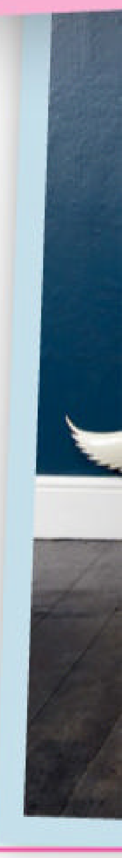
Second-hand finds are very possible with research, and for finding glassware, too. Sarah likes to showcase hers. 'I love a retro cocktail shaker or a vintage coupe glass,' she says, 'but I also keep my eye out in supermarkets and high street shops. They've really upped their game in terms of homeware, and I often find stylish pieces from Asda and John Lewis.'

3 Bold hues

Be brave with colour and try velvet for a touch of luxe. This velvet sofa and matching footstool, both from Debenhams, works as a beautiful focal point, piled high with uniquely patterned cushions. The stool serves as extra seating that can be easily moved around the room, and also doubles as a sumptuous coffee table.


I CAME TO BOOGIE
LIFE IS SHORT BUY THE SHOES DRINK THE WINE ORDER THE DESSERT

RETRO BAR
'I had my eye on these bar stools from Rocket St George a few years ago. The 'Life is Short' print came from Ink & Drop (£13), and the 'I came to Boogie' sign came from Oliver Bonas (£89.50, framed).'

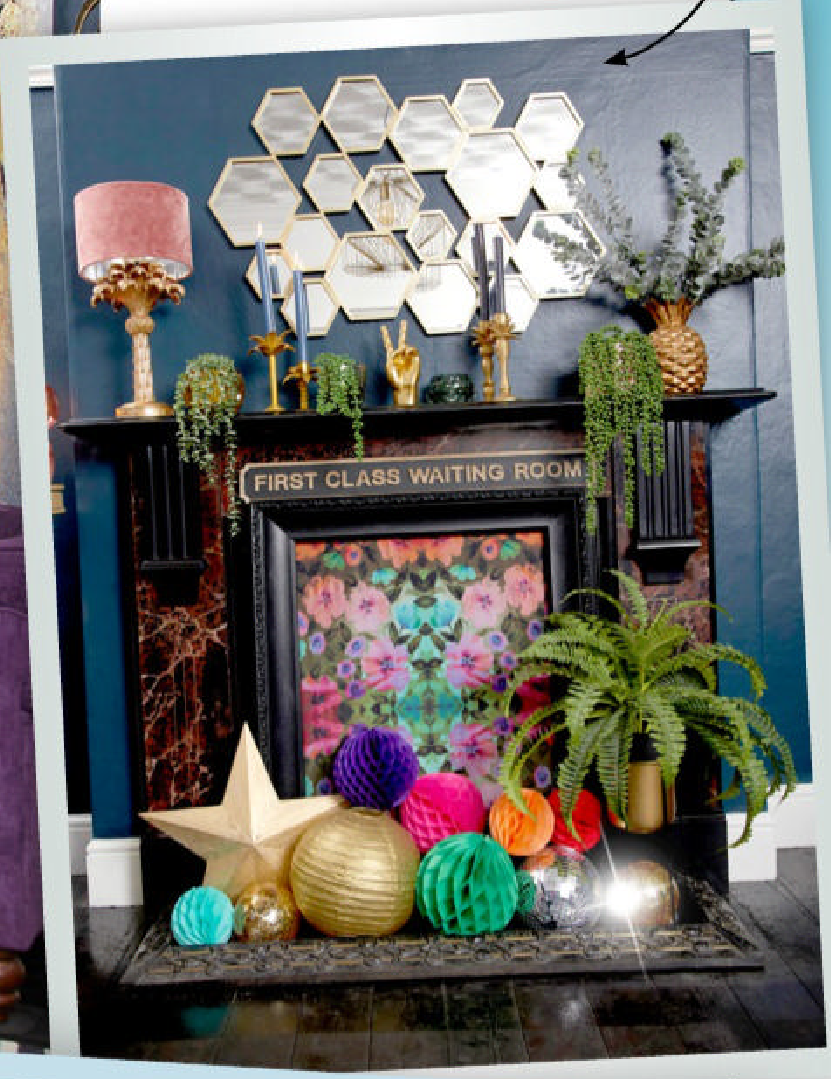


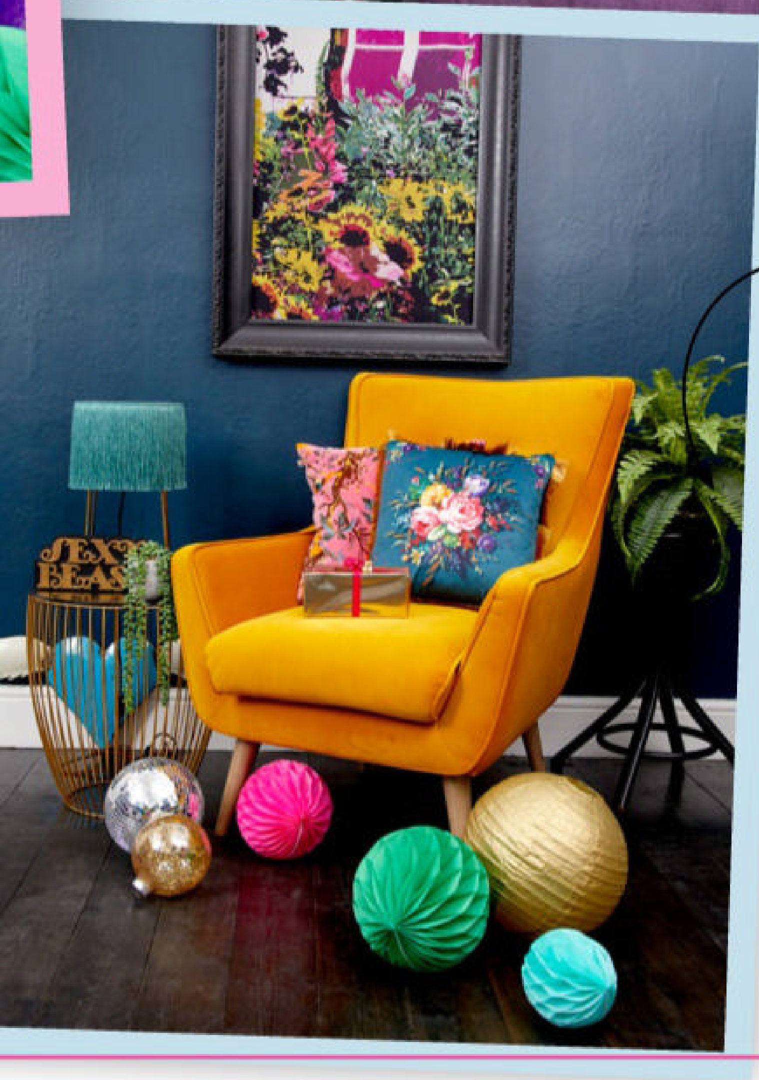
WORDS AND STYLING: *LISA MOSES* PICTURES: *KATIE-JANE WATSON*

room!

ALL FIRED UP

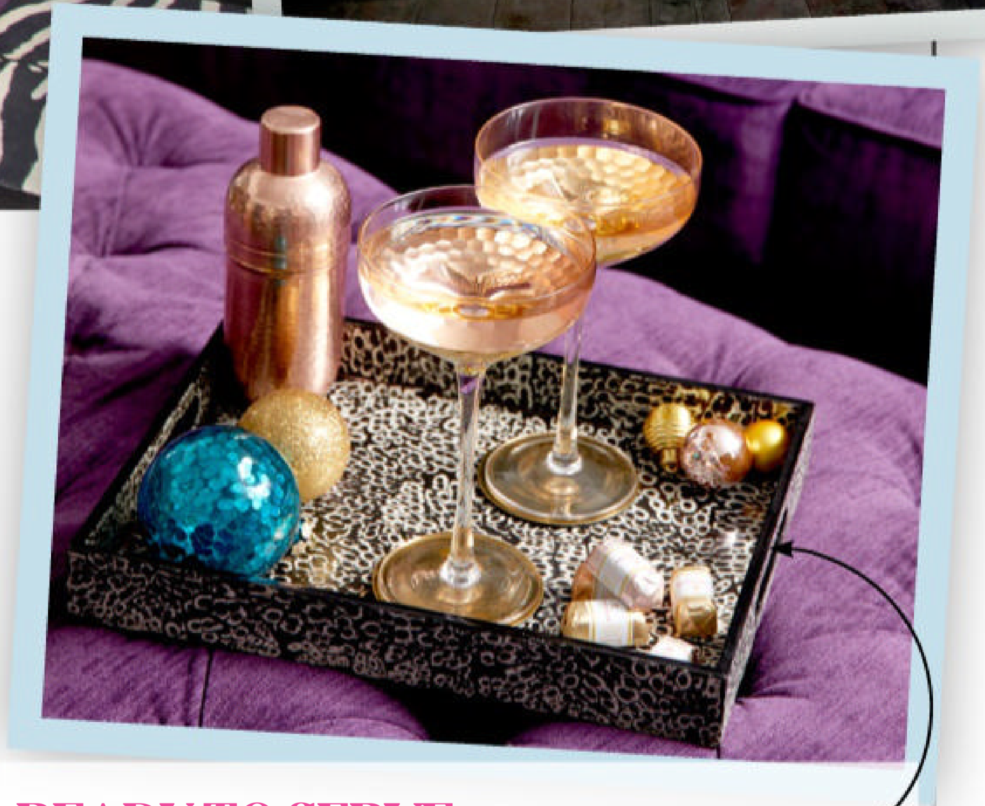
'I love all things shiny and TK Maxx is a great place to hunt down unique lamps and candlesticks. I got the waiting room sign from Etsy and the multi-mirror came from M&S a few years ago.' For similar, try the Gold Hexagon Wall Mirror, £37.95, Melody Maison.





COLOUR CLASH

'The gold side table was a £10 bargain from our local recycling centre shop that sells good quality furniture that other people have thrown out.' For a similar yellow armchair, try the Strandmon Wing Chair, £229, Ikea.



READY TO SERVE

'These glasses are from John Lewis and this lacquered tray came from TK Maxx.' For similar glasses, try Sällskaplig, £12 for four, Ikea. For a retro cocktail shaker, try Viners Barware cocktail shaker, £7.56, Amazon.

● **Follow Sarah's renovation journey on Instagram at @fallingforfilberts**

EXCLUSIVE

'My New Year's resolution? To not say 'no' to anything'!

'Nanny' Linda Robson talks to *best* about everything from NYE plans, to plastic surgery...

She's one of *Loose Women*'s most popular panellists, and despite the occasional slip of the tongue, viewers can't help but love Linda Robson. Not only has she been appearing on-screen since she was just 12 years old, but the actress, 64, became a household name thanks to hit comedy *Birds of a Feather*, in which she starred alongside Pauline Quirke and Lesley Joseph. Yet, here, the mum-of-three tells *best* all about why New Year's Eve makes her sad, why she's shunned going under the knife and whether she and husband, Mark Dunford, will renew their wedding vows, like so many other celeb couples of late...

Hi, Linda! Christmas is almost here... will you cook on the big day?

Yes, I always do because my son and daughter are vegans, so I do two options. Yet the day goes so quickly – all that preparation and it's over within an hour. I'm also very superstitious when it comes to taking the decorations down, and I have them removed by 6 January. I've got a flat below my house, which my son lives in, so I open the patio door and I lob the tree out, otherwise the pins get everywhere if I drag it through the house.

What telly do you watch over the holiday season?

We don't normally watch a lot of telly. The family call round and we play games. We always watch the Queen's speech, but sadly we won't be able to this year. Every Christmas Eve we tune into *Miracle on 34th Street* with the grandkids – Lila, eight, and Betsy, four. My OCD has taken a backseat when they're opening their presents and the wrapping paper flies everywhere. My children yell, 'You would have gone mad if we'd have done this when we were younger.'

So, will *Loose Women* have a party this year?

Oh yes, we have two booked – an ITV one and then a *Loose Women* party, so we'll all be there. I filmed two *Loose Women* episodes today, because we're off-air due to the World Cup, so we're now pre-recording shows over the Christmas period as we don't finish until 23 December.

Is it tough, filming two episodes back-to-back?

Yes, and we had to do two outfit changes as well. Some of the *Loose Women* ladies and I also took part in a singing show called *Get Britain Singing* ,which comes out on Christmas Eve. There will be some

With *Birds of a Feather* co-star Lesley Joseph

Instagram/lindarobson58

On *Loose Women* with Coleen Nolan (left) and Janet Street-Porter

Instagram/ lindarobson58

Loved up with hubby Mark

With grandkids Lila and Betsy

faces from *Coronation Street*, *Emmerdale*, *Love Island* and *The Chase*, and we all sing a song. A winner is chosen at the end, but my lips are sealed as to who was victorious. Safe to say it hasn't reignited my singing career.

Do you have any big New Year's resolutions?

I don't like to go out on New Year's Eve, because I get really depressed when I think of all the people I've lost. So, I get all the family round to mine instead. My only resolution this year is to enjoy myself and get out as much as I can, and not say 'no' to anything. Since I've entered my 60s, I jump at anything interesting that comes my way.

You and husband Mark have been married for 32 years. Would you ever renew your wedding vows?

No, I don't think so. We're like chalk and cheese. I'm very sociable and he doesn't like the limelight. He will drop me off at a showbiz event and ask me if I'll be OK on my own. I tell him I'll be fine, as I always get chatting to someone. He'll also pick me up afterwards.

Seeing yourself on TV most days – is there anything you would like to change about your appearance?

I've always had a complex about my neck, but apart from that I don't think there is anything else I'd change. I don't think I look bad for 64. I was offered £10,000-worth of free plastic surgery just recently. They said, 'We think you look great, but we could make you look even better.' My response was, 'No, thank you.'

We can see why some women would be tempted by that...

Yes, maybe – but Pauline, Lesley and I were always very proud of the fact that we'd had hardly any work done. I have false eyelashes applied and my eyebrows tinted – that's it!

● ***best* spoke to Linda at the launch of *Below Deck Season* 10, available on Hayu.**

'Gogglebox would be perfect for me!'

Linda's secret ambition is to land a gig on *Gogglebox* – the show that makes stars out of armchair critics, as they comment hilariously on the week's best TV shows. 'It's one of my favourite shows. But Mark wouldn't do it. [My daughter] Lauren would do it with me,' she reveals. Has she been approached? 'No, if they had – I'd be doing it! I like the version with ordinary people, more than the celeb ones. Although, I like Rylan and his mum. And that couple with the caravan – I've met those two!' Linda has been known to let out a swear word by accident on *Loose Women*. Might she do the same on *Gogglebox*? 'Oh, you can swear on *Gogglebox*, they swear in it – I've heard them, so it would be perfect for me!'

Celebrity Goggleboxers Rylan Clarke and his mum, Linda

WORDS: *JULIE ANN TRAINOR* PICTURES: *CHANNEL 4, GETTY, INSTAGRAM, SHUTTERSTOCK*

The *best* pub Christmas quiz!

You may think you know your celebrity goss – but let's see how well you really do – so grab a pen and settle down with our annual Big Fat Showbiz Christmas Quiz...

Are you a festive quiz queen?

1 Who is the actress currently starring as the Queen in series 5 of *The Crown*?

a) Olivia Colman
b) Imelda Staunton
c) Lesley Manville
d) Claire Foy

2 Which Loose Woman gained a grand-dog in the Spring (her son bought it)?

a) Denise Welch
b) Nadia Sawalha
c) Linda Robson
d) Coleen Nolan

3 How many children does Kris Jenner have?

a) 4 b) 5 c) 6 d) 7

4 Which male member of the Royal Family celebrated their 40th birthday this year?

a) Prince Harry
b) Mike Tindall
c) Jack Brooksbank
d) Prince William

5 How many members of the Backstreet Boys are there?

a) 2
b) 3
c) 4
d) 5

6

What is Dolly Parton's favourite Christmas film?

a) It's A Wonderful Life
b) The Grinch
c) Miracle on 34th Street
d) Elf

7

Who officially wanted to be called 'The Queen of Christmas?'

a) Beyoncé b) Mariah Carey c) Celine Dion d) Coleen Nolan

8

Which British Christmas movie was filmed in Covent Garden?

a) The Holiday
b) Last Christmas
c) Love Actually
d) Scrooge

9

How many children does Holly Willoughby have?

a) 1 b) 2 c) 3 d) 4

10

What reality star broke up with comedian Pete Davidson this year?

a) Paris Hilton
b) Kim Kardashian
c) Nicole Richie
d) Amy Childs

11

Who is the longest-serving *Coronation Street* star to date?

a) Bill Roache (Ken Barlow)
b) Barbara Knox (Rita Tanner)
c) Eileen Derbyshire (Emily Bishop)
d) Chris Gascoyne (Peter Barlow)

12

What do the Royals traditionally have for a Christmas Day starter?

a) A sausage platter
b) Paté on toast
c) Lobster and prawn salad
d) Smoked salmon and avocado

13

Which Loose Woman is married to Elton John's former agent?

a) Charlene White
b) Stacey Solomon
c) Janet Street-Porter
d) Jane Moore

14

Which month did we sadly lose Queen Elizabeth II?

a) May
b) August
c) September
d) October

15

Who is best known for their Christmas crafting skills?

a) Kirstie Allsopp
b) Carol Vorderman
c) Mary Berry
d) Tess Daly

ANSWERS 1.B 2.A 3.C 4.D 5.D 6.A 7.B 8.B 9.C 10.B 11.A 12.C 13.D 14.C 15.A

WORDS: DANIELLE SOUTHWOOD PICTURES: ALAMY, BIGSTOCK, GETTY

Fun AT HOME

If you need something to help keep your brain busy – look no further. Grab a pen and flex those intellectual muscles with these tantalising puzzles...

SEARCH ME!

Can you find the words in the grid? They will be placed only once and may be either horizontal, vertical or diagonal and go either forwards or backwards. There is one word listed that isn't in the grid – can you work out which one it is?

CANVAS
CHALK
CHARCOAL
DIGITAL
DOODLE
ERASER
FIGURE
FREEHAND
GRAPHITE
INK
LINE
MOUSE
PAINT
PAPER
PASTEL
SKETCH
STYLUS
TECHNICAL
TONE
VISUAL

B	R	V	L	E	T	S	A	P	A	Q	A	S	E	Q
L	G	H	B	B	U	B	L	F	E	S	U	O	M	V
A	K	S	W	Y	E	L	D	O	O	D	G	L	G	R
U	U	O	P	R	R	P	M	H	A	H	O	U	R	N
S	K	L	A	H	C	X	W	D	I	G	I	T	A	L
I	L	A	C	I	N	H	C	E	T	Z	N	V	Z	G
V	E	E	D	F	U	O	D	T	J	H	V	R	X	X
F	K	I	H	T	I	L	A	O	C	R	A	H	C	U
C	H	W	O	E	D	G	P	H	C	T	E	K	S	X
C	A	N	V	A	S	A	U	Z	L	B	O	B	S	U
F	E	J	X	A	P	Q	I	R	N	S	Z	J	T	S
C	F	R	E	E	H	A	N	D	E	R	G	Z	Y	K
T	V	Z	R	N	E	T	I	H	P	A	R	G	L	S
F	K	H	A	Q	F	E	R	A	S	E	R	E	U	O
P	A	I	N	T	U	J	L	G	L	I	N	E	S	F

SUDOK-GO!

Fill the grid using the numbers from 1 to 9 only. Each number must appear once in every column, row and 3x3 square. Now, off you sudok-go!

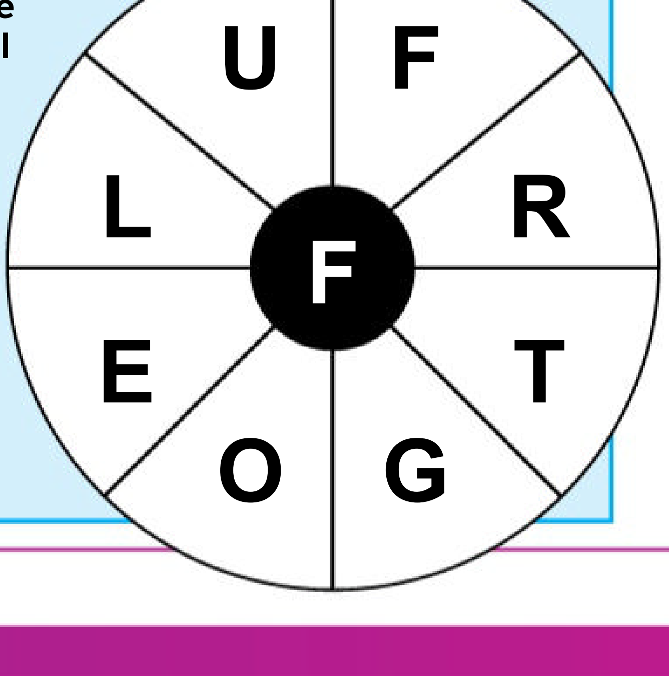
		1		3	8			
2	3			5	4		1	
4		8	1				3	
6		5	4		7			
			2		1	5		8
	9				3	1		4
	6		8	1			9	3
			9	4		2		

	4	5						8
	6			8		2		
8		9	3	4				
		6		5	3		7	
	5			6			2	
	7		4	1		9		
				7	1	6		2
		1		2			5	
6						1	8	

PICTURES: GETTY

WORD WHEEL

Find as many words of three or more letters in the wheel as you can. Each word must use the central letter and a selection from the outer wheel – no letter may be used more times than it appears in the wheel. Can you find the nine-letter word?



CODE NAME

Each number from 1-26 represents a letter of the alphabet from A-Z. Every letter appears in the grid at least once, and is represented by just one number. Pam Grier will help get you started with the numbers for P, A and M. Can you crack the entire code to complete the crossword grid? When you are finished, use the key grid to uncover a hidden word.

6	10	1 P	7	2	16		10	8	17	17	2	8
13			2		13			2		10		11
12	8	14	18	13	16	17		26	10	2	3	1 P
		13			8			8		15		6
9	13	25	8		26	10	2	16	21	15	8	10
13		8			8		23			13		26
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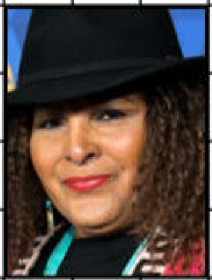
8	11	2	24	26				8				
26		1 P		26				5	12	2	19	8
21	13	8	14	8				20		16		21
				10				13	6	16	13	24
24	8	12	8	21	26	13	2	12		6		7
6		6			6		2	25	4	20	10	8
16		5			18		10			16		9
25	13	21	1 P	6	21	8	25		2	24	26	21
8		26		24			14			8		
16	13	8	24	8		12	2	20	16	25	8	10
21		10		2			10		2			13
8	2	21	13	16	17		22	8	18	1 P	2	25

~~A~~ B C D E F G H I J K L ~~M~~
N O ~~P~~ Q R S T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
P	A	M										

14	15	16	17	18	19	20	21	22	23	24	25	26

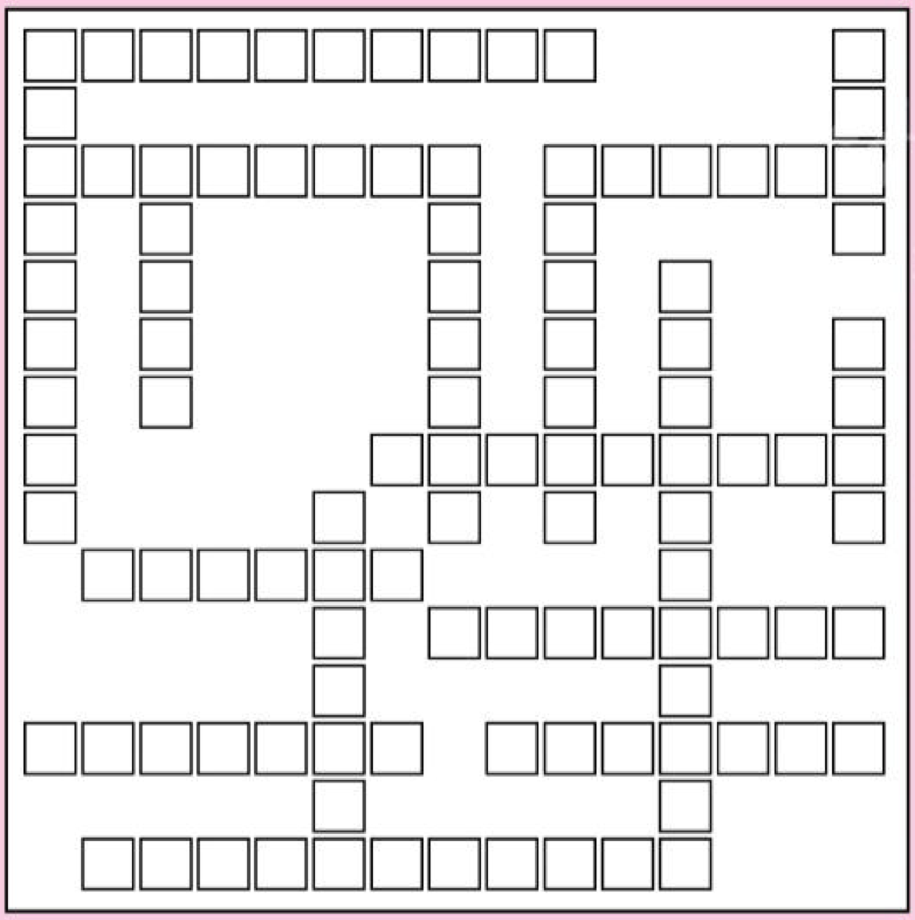
YOUR KEY WORD GRID:

12	13	17	7	26	7	6	20	21	8

KRISS KROSS

Can you fit all the words into the grid to complete the puzzle? Some words may initially fit in more than one place, but there is only one way to fit all the words together to complete the grid. The solution is below.

4 LETTERS
DESK
PENS
5 LETTERS
EMAIL
6 LETTERS
CHAIRS
PLANTS
7 LETTERS
MONITOR
PLANNER
PRINTER
SCANNER
TARGETS
8 LETTERS
KEYBOARD
MEETINGS
9 LETTERS
COMPUTERS
RECEPTION
10 LETTERS
COLLEAGUES
11 LETTERS
PHOTOCOPIER
WATER COOLER



50% off puzzle books!

All puzzles are kindly supplied by Richardson Puzzles & Games, which is running a half-price sale on its puzzle book range. Head to hive.co.uk/richardson-puzzles to choose your puzzle book at a massive 50 per cent discount off the RRP and FREE P&P! The sale ends on 31 December 2022. T&Cs apply.

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R
Jumbo Crosswords
2
R
Jumbo Arrow-words
1

SOLUTIONS

SEARCH ME

Not hidden: Ink

WORDWHEEL

Answer: Forgetful

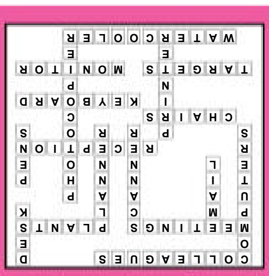
Words that can be made from the wheel include: effort, eft, elf, felt, floe, flog, floret, flour, flout, flue, flute, foe, fog, for, fore, forge, forget, forgetful, fort, forte, foul, fouler, four, fret, fretful, fro, frog, fuel, fug, fur, golf, golfer, gruff, gulf, left, loft, off, offer, oft, ruff, ruffle, tofu, truffle, turf

SUDOK-GO!

9	7	1	6	3	8	4	5	2
2	3	6	7	5	4	8	1	9
4	5	8	1	2	9	6	3	7
6	8	5	4	9	7	3	2	1
1	2	7	3	8	5	9	4	6
3	4	9	2	6	1	5	7	8
8	9	2	5	7	3	1	6	4
5	6	4	8	1	2	7	9	3
7	1	3	9	4	6	2	8	5

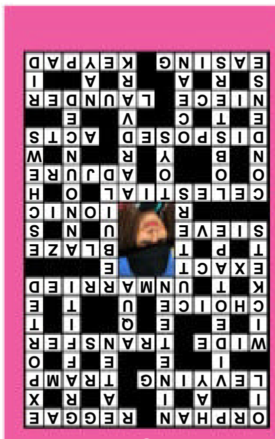
1	4	5	6	9	2	7	3	8
3	6	7	1	8	5	2	4	9
8	2	9	3	4	7	5	1	6
9	1	6	2	5	3	8	7	4
4	5	8	7	6	9	3	2	1
2	7	3	4	1	8	9	6	5
5	3	4	8	7	1	6	9	2
7	8	1	9	2	6	4	5	3
6	9	2	5	3	4	1	8	7

KRIS KROSS



CODE NAME

Key word: Lighthouse



TURN OVER FOR MORE

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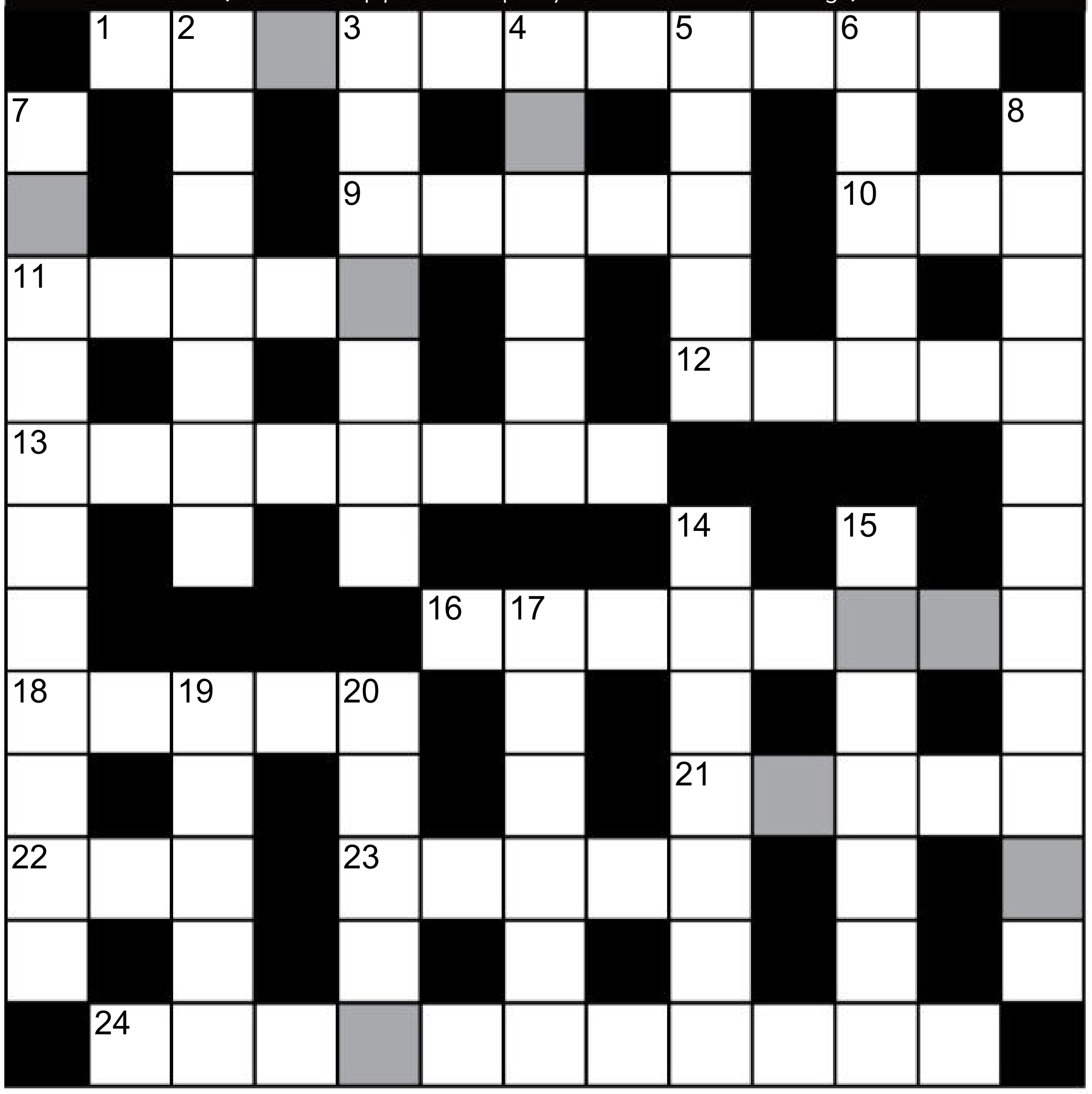
ACROSS

1 E.g. share news (11)
9 Tennis stroke (5)
10 Epoch (3)
11 Measure of the purity of gold (5)
12 Genuflect (5)
13 Improbable (8)
16 Bring together (8)
18 Person invited to one's house (5)
21 Extent or limit (5)
22 Item for catching fish (3)
23 Portion (5)
24 Compelling (11)

DOWN

2 Generally; in summary (7)
3 Error (7)
4 Standard; usual (6)
5 Impertinence (5)
6 Commerce (5)
7 Urging on (11)
8 Substitute (11)
14 Backtrack (7)
15 Give up (7)
17 Television surface (6)
19 Excess (5)
20 Theme for a discussion (5)

TO ENTER CALL 0900 100 0922
(calls cost 65p per minute plus your network access charge)†



What is the name of the highest mountain in the Alps? The answer will appear in the shaded squares.

Phone and online entries open 20 December 2022 until midnight on 6 January 2023. Over 18s only. †Calls cost 65p per min plus your telephone company's network access charge, and should last no longer than 2 mins.
Service provided by Spoke (0333 202 3390).
*For full T&Cs see below. We will use the information you supply to process your competition entry. For our privacy notice visit hearst.co.uk/privacy-notice.

One entry per household. Phone and online entries to reach us by closing date of 6 January 2023. Winners will be drawn at random from correct entries received by phone and online. Names and counties of winners available on request. No correspondence can be entered into. The editor's decision is final.

WINNING CHEQUES WILL BE MADE PAYABLE AND POSTED TO THE NAME AND ADDRESS PROVIDED IN THE PHONE ENTRY.

ANSWERS

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46/2022
PRIZE ANSWER:
LA LA LAND

ACROSS
1 Review, **7** External, **8** Far, **9** Single, **10** Main, **11** Music, **13** Scatter, **15** Opposed, **17** Ocean, **21** Data, **22** Shrimp, **23** Old, **24** Numerous, **25** Statue

DOWN
1 Reform, **2** Versus, **3** Weigh, **4** Stretch, **5** Dramatic, **6** Marine, **12** Isolated, **14** Version, **16** Peanut, **18** Export, **19** Needle, **20** Grass.

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All puzzles are kindly supplied by Richardson Puzzles & Games, which is running a half-price sale on its puzzle book range. Head to hive.co.uk/richardson-puzzles to choose your puzzle book at a massive 50 per cent discount off the RRP and FREE P&P! The sale ends on 31 December 2022. T&Cs apply.

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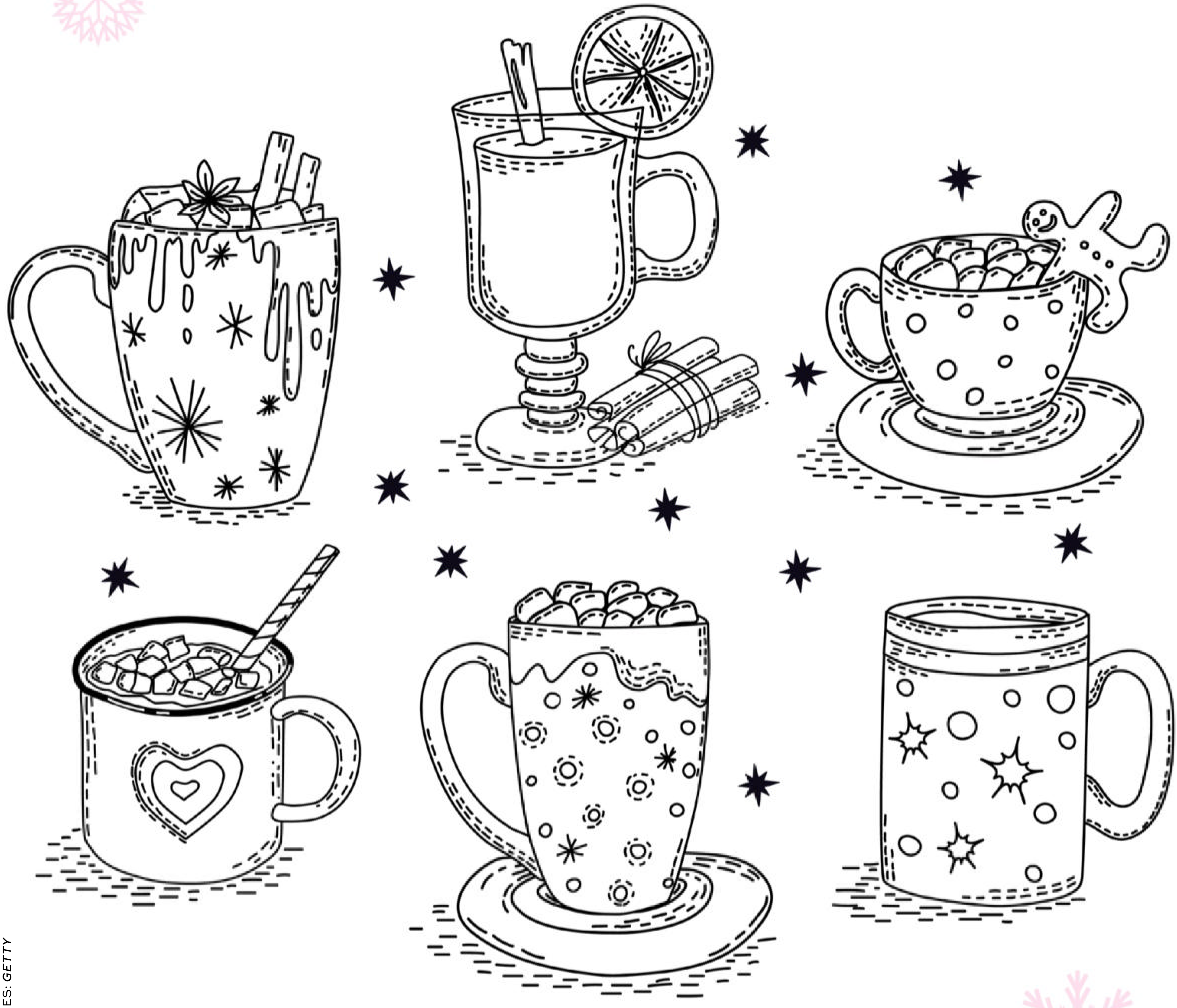
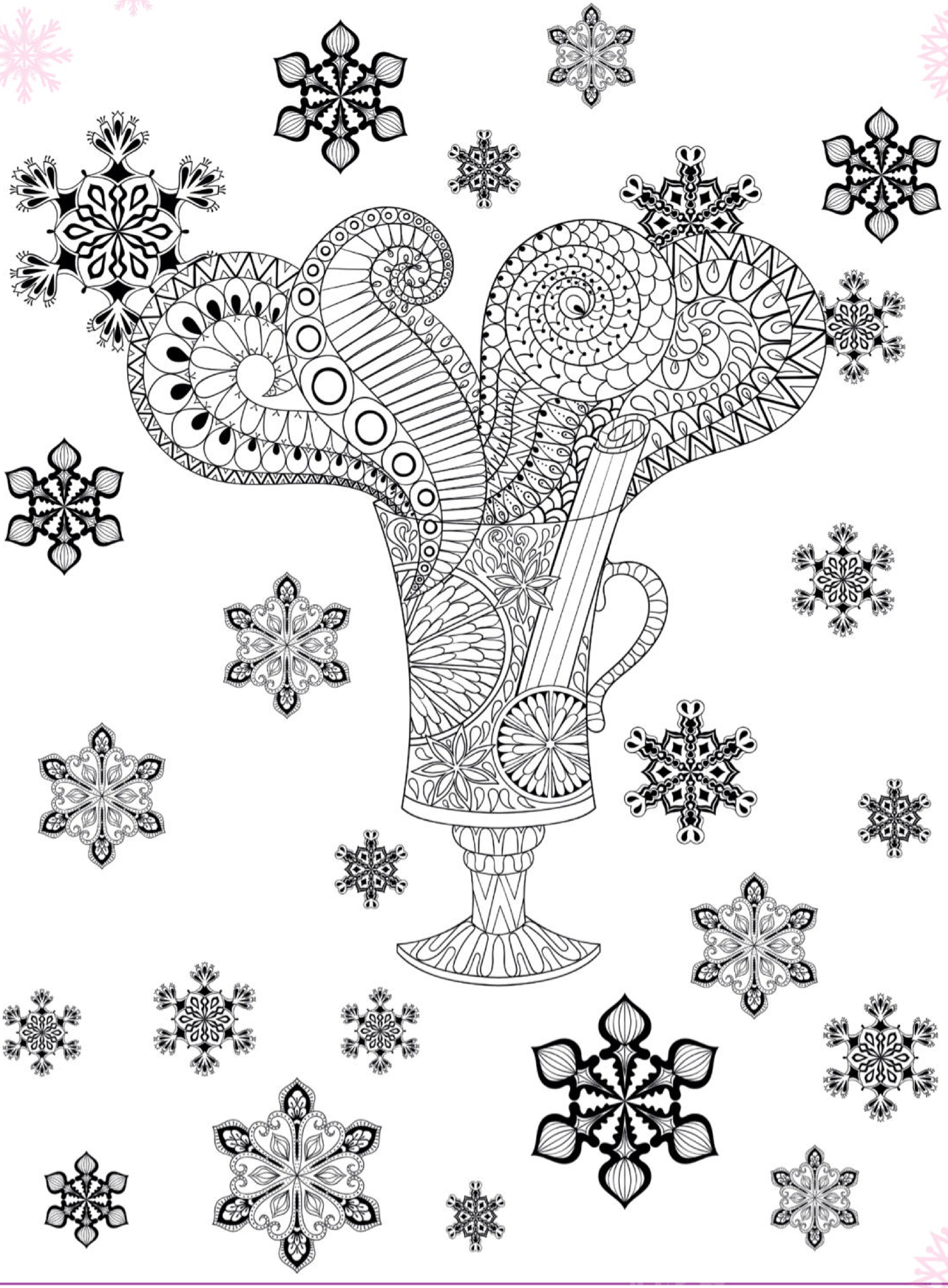
Take some time out to relax and unwind with some…

Colour therapy



PICTURES: *GETTY*



TONY COWELL

***BEST*'S CELEB INSIDER TALKS TO HERMIONE NORRIS**

Hermione in *Cold Feet* with James Nesbitt

Family is what matters most

As Karen in *Cold Feet*, Hermione Norris was everyone's posh best friend. Now she's moving on to *Riches*, a brand-new drama set in the world of the super wealthy

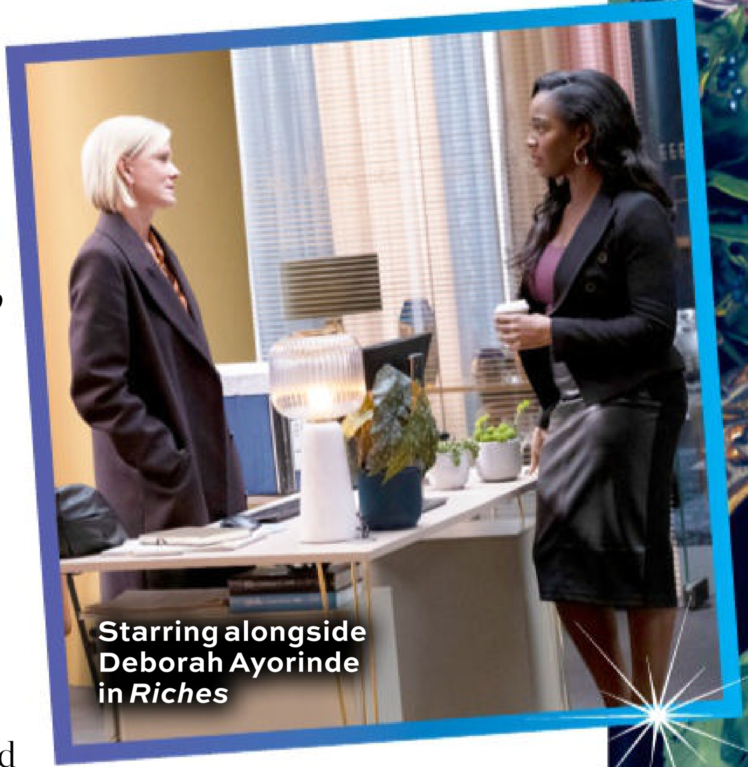
Actress Hermione Norris became a household name playing middle-class yummy mummy Karen Marsden for six years in *Cold Feet*. The 56-year-old mum-of-two went on to further success starring in *Spooks*, *Wire in the Blood* and *Doc Martin*. This month she is back on our screens playing Maureen in the new ITV series *Riches*. She tells Tony Cowell why she feels the series is a poignant, timely love letter to black London. She also reveals her heartbreak at suddenly losing her father, and how the success of *Cold Feet* changed her life.

You are playing Maureen in *Riches* – how would you describe her?

I would say Maureen is a presence more than anything else. She is quite enigmatic and incredibly discreet. She is the all-seeing eye. She is the height of discretion. She just knows everything that is going on everywhere. I loved playing her and I made some lovely new friends while filming this show, too.

How would you describe *Riches* – because there's a bit of a family power struggle going on isn't there?

Yes, *Riches* follows the exploits of the stylish, privileged and super-successful Richards family – whose world comes tumbling down around them following a death in the family. Its like a love letter to black London, and I don't think we have ever seen London viewed through a wealthy black family being so rich and powerful. It's both brilliant and positive.



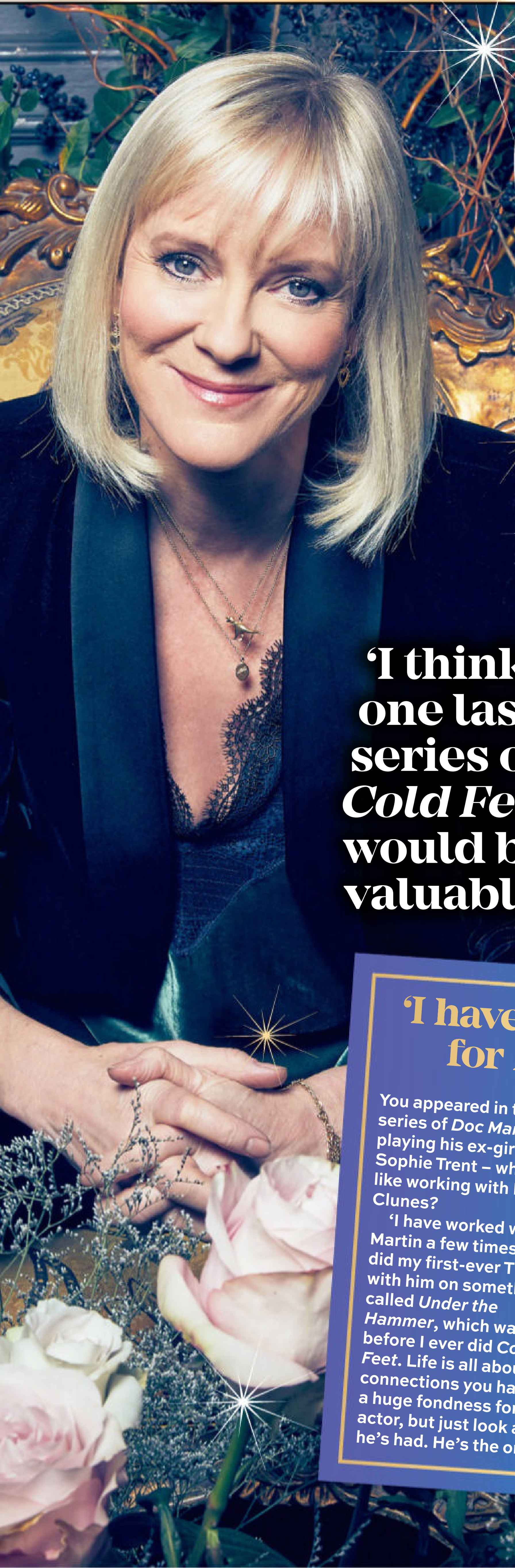
Starring alongside Deborah Ayorinde in *Riches*

You played Karen Marsden in *Cold Feet* for six years – how do you look back at your time on the show, and how did it change your life?

I look back on that time with huge fondness. Honestly, it's so long ago now and life in Britain was very different back then. It was 1997, Tony Blair was Prime Minister, and it was a very hopeful, prosperous time; and I think *Cold Feet* reflected that period.

Do you think there should be one last series of *Cold Feet*?

I think there is something really interesting for viewers to follow 30-somethings and then see them through to middle age.



‘I think one last series of *Cold Feet* would be valuable’

As Ros Myers in *Spooks*

Simply because our audience have been on that same journey with us, and have experienced similar issues in their own lives. On that basis I think one last series would be valuable. I stay in touch on WhatsApp with most of the cast – so we all still chat.

You have worked consistently on TV including *Spooks* and *Wire in the Blood*. Are you very driven by your career?
I was when I was young, but not anymore. When I left drama school, I was full of drive and passion. As I got older, I changed, and I now have two teenage children (Wilf and Hero), and you change your perspective as to what is important in your life. Today I'm happy working, but I'm also happy being a wife and a mum. I have my family and that's what matters most.

Your father died suddenly while you were in your last year of drama school. Was that a defining moment in your life?
Yes, because it took so long to come to terms with my grief. My dad left us when I was five, leaving my mother on her own with four children under the age of six. I have an elder sister, Sarah, and then younger twins, Laura and Mike. We are all very close because we share a difficult childhood. But then I wasn't ready for my dad to die so soon, particularly when I was just on the runway of life. So that had a huge impact on my life.

Did that impact on your mental health?
Yes, I think so. Things like depression are not something that you are really in control of because it's physical, and often genetic, and it's about your life experiences.

When can we expect to see you on our screens in the New Year?
I'm hoping there will be a second series of *Riches*. But my life can change with one phone call and that's the exciting part of being an actor – you just never know what will come your way. I would like to carry on telling good stories. I'm looking for new opportunities next year.

How will you be spending New Year – is that a big night with the family?
I have a very big family, so we all get together at some point. New Year's Eve is a funny one, you have to be in the mood. I think the last two years have been really hard for everyone. But I know my kids will be having fun. They are my life's greatest gift.

● ***Riches* continues on ITVX. All episodes of *Doc Martin* are available on the ITV hub.**

‘I have a huge fondness for Martin Clunes’

Playing Sophie in *Doc Martin*

You appeared in the final series of *Doc Martin* playing his ex-girlfriend, Sophie Trent – what's it like working with Martin Clunes?

‘I have worked with Martin a few times and did my first-ever TV job with him on something called *Under the Hammer*, which was way before I ever did *Cold Feet*. Life is all about the connections you have with people, and I've always had a huge fondness for Martin. He started life as a child actor, but just look at the amazing and varied career he's had. He's the one friend I would keep for life.'

PICTURES: BBC, ITV, SHUTTERSTOCK

ENJOY A Merry Twixmas!

Make the most of the period between Christmas and New Year with these brilliant days out...

Light fantastic: The Glow Wild lantern trail

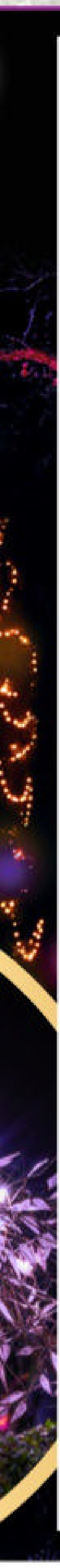
Sip a wee Scottish dram

ENJOY A WEE DRAM!

Visiting Edinburgh over Twixmas or Hogmanay? Learn all about the flavours of Johnnie Walker whisky with an immersive experience at the Princes Street location. Your 90-minute tour includes three whisky drinks, with non-alcoholic options also available. Plus, you can also book separately to enjoy drinks and dining in the 1820 rooftop bar. **HOW TO BOOK** **The Johnnie Walker Journey of Flavour costs from £28 per adult. It also includes 10 per cent off products purchased in the retail area and 10 per cent off drinks in the 1820 or Explorers' Bothy Bar. Visit johnniewalker.com/en-gb/visit-us-princes-street/book-a-table**

Dip into Winter bliss at the Aztec Hotel

WORDS: *LARA NUGENT* PICTURES: *GETTY*



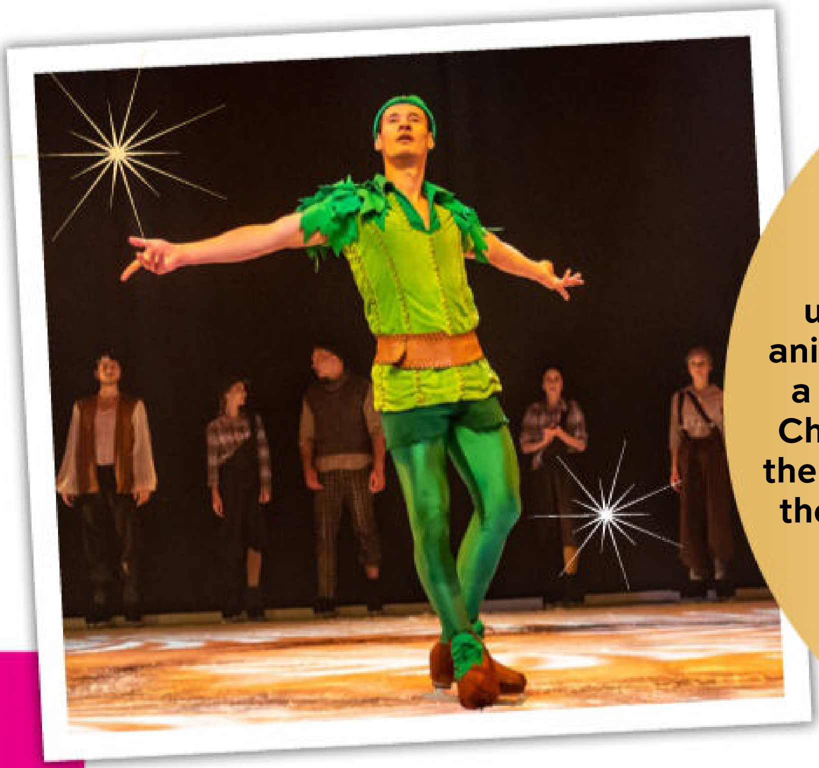
GLOW WILD

The award-winning Winter lantern trail is back at Wakehurst, West Sussex. This year Glow Wild features a new route and installations that celebrate the spectrum of colours in nature. The gardens are brought to life with hand-crafted festive lanterns and stunning displays. And night-time explorers can check out the new 12m platform overlooking Wakehurst's Westwood Valley, the perfect viewpoint for an awe-inspiring projection. Stop off en route for a gourmet marshmallow or loaded roast potatoes. Plus, as under-fours go free, it's a good one for all the family to enjoy! **HOW TO BOOK Visit from 4.30pm to 10pm, with last entry at 8.20pm. Tickets start at £17 per adult, and £11 for children aged four to 16. Quiet sessions are available at 4.15pm on selected evenings. Visit kew.org/wakehurst/whats-on/glow-wild-2022**

Get on board the London light show

LIGHT UP LONDON

Visiting London over the holiday period? Take in the twinkling festive lights of the capital from the River Thames with a trip on the Uber Boat by Thames Clippers. It sails beneath nine of the city's bridges, so it's a great way to see all the sites, including Tower Bridge, Waterloo Bridge and the Millennium Bridge, all lit up. Alternatively, sail to the Battersea Power Station for a skate at Glide, the newly opened ice rink, with views of iconic London all around. **HOW TO BOOK The Illuminated River Official Boat Tours run until the end of March 2023 and are available on Thursday and Saturday evenings. Tickets cost £13.50 (£9.30 for children aged five to 15). For details and bookings, visit thamesclippers.com; Glide tickets from £12 (£8 for under-12s). Visit glidebatterseapowerstation.co.uk/tickets**



JOURNEY TO NEVERLAND

Instead of a panto this year, treat the family to *Peter Pan on Ice* at ICC Wales in Newport, from now until 1 Jan 2023. With state-of-the art animated scenery, dazzling costumes and a cast of World, European and National Championship-level skaters, you'll be on the edge of your seat! And for a treat, book the Neverland Afternoon Tea afterwards. HOW TO BOOK *Peter Pan on Ice* tickets start from £18; the Neverland Afternoon Tea costs £30 per adult, £18 per child. Visit iccwales.com

SO GOOD, SO SPA!

If the build-up to Christmas has left you frazzled, treat yourself to A Taste of Winter Spa Day at the Aztec Hotel and Spa, Bristol. Indulge in three hours of bliss in the large swimming pool, sauna, steam room and hot tub. You can then go for a 25-minute Templespa massage, which includes a Shoulder and Scalp Massage using the In Good Spirits Massage Oil. Then tuck into a delicious afternoon tea of sandwiches and cakes. As a final treat, you'll get to take home a Libby Lavender candle (worth £30). **HOW TO BOOK A Taste of Winter Spa Day is available from £90 per person. Visit aztechotelbristol.co.uk**

Take in some amazing views

WALK THIS WAY!

Walk off all that festive excess with an invigorating day trip to Windermere and the Lake District. Departing from Manchester city centre, the tour takes in Bowness, Coniston Water and Grasmere, plus poet William Wordsworth's charming Dove Cottage. **HOW TO BOOK Rabbie's Windermere & the Lake District one-day tour starts from £48 per person. Visit rabbies.com/en/england-tours/from-manchester/day-tours/windermere-lake-district-1-day-tour**

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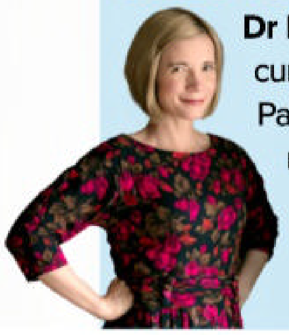
BOOK THIS BESTSELLING ROYAL TOUR

Visit Sandringham with Dr Lucy Worsley

Join the acclaimed historian at the Royal Family's Norfolk retreat, plus enjoy wonderful scenic journeys by rail and paddle steamer

MEET YOUR SPECIAL GUEST



Dr Lucy Worsley is chief curator at Historic Royal Palaces and the author of many books. She has presented a number of shows for the BBC, Channel 4 and History.

Norfolk is the perfect place to unwind and included in this wonderful short break are no fewer than three railway journeys and a cruise on a paddle steamer. What turns this five-day tour from special to extraordinary is the chance to meet the brilliant historian Lucy Worsley. Lucy will give an exclusive talk about Sandringham, before joining you on a visit to the estate.

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Reasons to book

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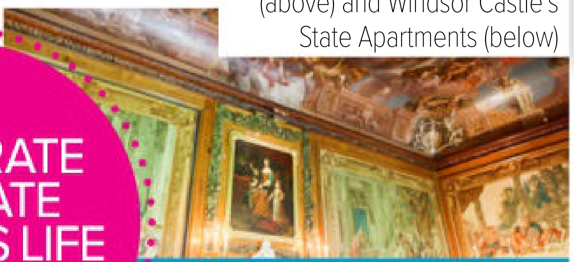

Visit the Tower of London (above) and Windsor Castle's State Apartments (below)

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Coercive control by your partner can take over your life.

From the colour of the lipstick you wear, to what you think, say and do, living with a controlling partner means that your decisions are not always your own. Coercive control is as serious as physical abuse, which is why it's now against the law. If your relationship doesn't feel right, it probably isn't.

We are here. 10am-6pm
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women's aid
until women & children are safe

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